



yay summertime!
delicious ideas to celebrate with family & friends

special
**DOUBLE
ISSUE!**

Woman's day

CRISPY FRIED CHICKEN
SKILLET CORNBREAD
ICE CREAM FLOATS
plus
**ALL THE
WATERMELONS**



You're
one in a
melon!

THE
**hope
squad**

Really good people who
will inspire you p. 62

Fun
ways to
**FIT IN
FITNESS**

THE FEELING OF
**99.9% GERM
KILLING
POWER**



FEEL THE WHOA!

*GERMS THAT CAUSE BAD BREATH, PLAQUE AND GINGIVITIS.
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Summer 2022

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special
**DOUBLE
ISSUE**



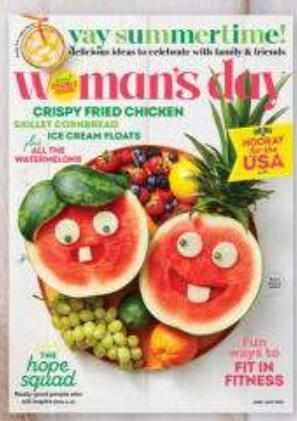
summer starter

Thread cherry tomatoes, cubed watermelon, chunks of feta, and cucumber slices onto wooden skewers. Finish 'em off with a drizzle of balsamic vinegar, a sprinkle of salt, and fresh mint leaves.

on the cover

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Photography by Mike Garten • Melon crafts by Marcie McGoldrick
Food styling by Christine Albano • Prop styling by Alex Mata



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All-star DIY decor!

To make this patriotic wreath, loop festive fabric strips around a foam wreath, tying each into a double knot in the front, until fully covered.

Turn to page 43 for more Fourth of July ideas.



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THE HOPE
SQUAD

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Didja know...

Americans typically consume 7 billion hot dogs between Memorial Day and Labor Day, according to the National Hot Dog and Sausage Council.

BLOCK HEARTBURN FROM YOUR SUMMER BUCKET LIST.*



- 1. Family BBQ
- 2. vacation
- 3. Beach party
- 4. ~~Heartburn~~

1 PILL IN THE MORNING,
24 HOUR
HEARTBURN RELIEF.*



*It's possible while taking Prilosec OTC. Take one pill per day as directed for 14 days to treat frequent heartburn. Not for immediate relief.



My Yay! List

Fun finds that made me say yay



Rock on!

Sun, salt air, and not a care on our family Florida getaway. What is it about a rocking chair with a view to soothe the soul?! pelicanbeach.com

★————★
Each hydrangea is made up of all 50 states!



Style is served

Perfect place settings for summer soirees: 50 States Hydrangea Octagonal Hardmats, \$48 for set of four, honeyandhank.com

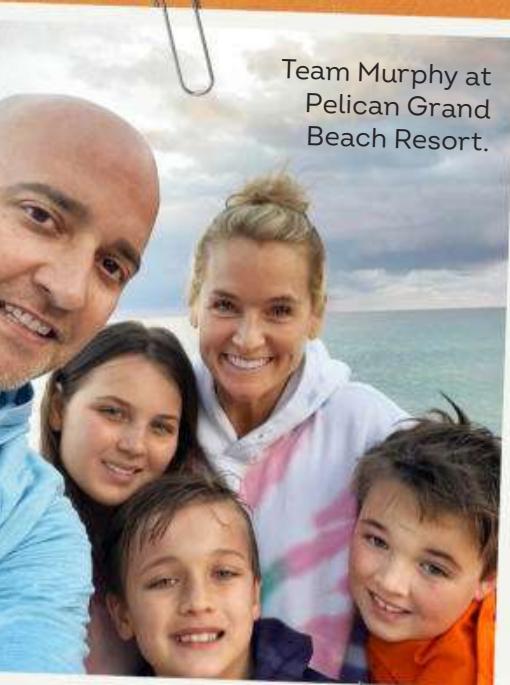


Hydrangea heaven

I planted these beauties in my yard and now pick weekly mason jar bouquets. endlesssummerblooms.com

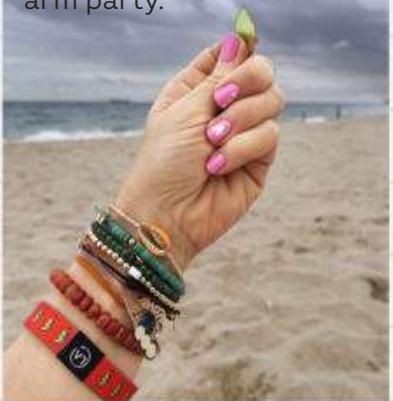
What's your happy place?

Mine is the beach. Recently Team Murphy made our annual trip to Fort Lauderdale and immediately started pacing the shore, laser-focused on the sand, eager to discover sea glass. Truth be told, I don't exhale until our first piece is safely in hand. Silly, maybe, but finding sea glass is my sacred signal that forces above are smiling on us, that my late father is always with us. So we were on a mission, and I was oblivious to the older gentleman sitting nearby, enjoying our fruitless determination. After nearly an hour, still *nothing*. I looked up, and he caught my eye. I said hello. He asked the kids' ages, and I told him 11, 10, and 8. I tried not to notice his beard, which was eerily similar to Pop's salt-and-pepper scruff. It turned out his now grown children had the same age spread. He told me to cherish this time, and I replied that I truly was, but we were striking out on our sea glass hunt. I didn't share the significance of the sea glass—how it symbolized Pop's legacy—because I was afraid I might cry.



Team Murphy at Pelican Grand Beach Resort.

I love sea glass... and a good bracelet arm party.



That scruff! The grandpa vibes! Then he started digging in his pockets. "Wait, wait!" he exclaimed. "I found this earlier today. Please take it!" My heart was in my throat as I squeaked out a full-body "Thank you!" I raised it to the sky, then turned and ran to the kids. There's no place like the beach! And you can be sure I'm putting Glass Beach from page 33 on my bucket list.

Meaghan

© [@meaghanbmurphy](https://www.instagram.com/meaghanbmurphy)
@theyaylist

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

- ▶ **Fast itch relief***
- ▶ **Clearer skin that lasts***
- ▶ **Not an immunosuppressant**
- ▶ **Not a cream or steroid**

*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

**CELISA,
REAL PATIENT**

Individual results may vary.

DUPIXENT®
(dupilumab) Injection
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE —

INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.

Joint aches and pain. Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children under 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  **REGENERON**

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DUP.21.12.0068

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.* CALL 1-844-DUPIXENT (1-844-387-4936)

***THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

**HELP
HEAL
YOUR
SKIN
FROM
WITHIN™**

**Brief Summary of Important Patient Information about DUPIXENT® (dupilumab)
(DU-pix'-ent)
injection, for subcutaneous use**

Rx Only

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat adults and children 6 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

– **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
 - The DUPIXENT pre-filled pen is only for use in adults and children 12 years of age and older.
 - The DUPIXENT pre-filled syringe is for use in adults and children 6 years of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within

7 days, wait until the next scheduled dose to give your DUPIXENT injection.

• If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:

DUPIXENT: Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.

- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.

- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions.** **DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, fast pulse, fever, general ill feeling, swollen lymph nodes, swelling of the face, lips, mouth, tongue, or throat, hives, itching, nausea or vomiting, fainting, dizziness, feeling lightheaded, joint pain, skin rash, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and joint pain (arthralgia).

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)

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Issue Date: December 2021

DUP.21.06.0182

smile file

Save these dates: There are a whole lot of happy-makers to put on your calendar!



Get the scoop

★ JUNE 20 ★

Save the dates!

We've whipped up a few deliciously sweet combos to help you celebrate **Ice Cream Soda Day**.

Try our ideas or come up with your own—whatever floats your boat!



yay to the yum

Left to right: ginger beer with lemon sorbet; root beer with vanilla ice cream and caramel sauce; and cola with cherry ice cream.



Stamp of approval

★ JULY 1 ★

You don't have to be a collector to appreciate **U.S. Postage Stamp Day**.

Take a look at some of this year's newest designs, and use 'em to send a just-because letter to loved ones.



Go, team mascot!

★ JUNE 17 ★

On **Mascot Day**, we're rooting for these fun and unique lucky charms from around the country. Now you can cheer them on too!



THAT'S SEW COOL

★ JUNE 13 ★

"Refashion designer" Sarah Tyau is known for her jaw-dropping sewing transformations. For **Sewing Machine Day**, she shares the secrets to crafting your own clothing makeovers.

Sarah Tyau
Blogger

1 START WITH DRESSES

They offer the most fabric, which means you have more freedom to manipulate and work with them! Thrift shops are a great source.

2 CHOOSE HIGH-QUALITY FABRIC

While you can change the fabric's color, you can't change the fabric itself.

3 THINK ABOUT THE FINAL PRODUCT FIRST

If you feel you lack the vision to see the "after" in a "before" piece, start the other way around. Shop with a design in mind and look for items that could achieve the "after" look.



Stephanie Marioneaux
Ophthalmologist

Look and feel spec-tacular

★ JUNE 27 ★

To keep your eyes in tip-top shape, you may want to treat every day like it's **Sunglasses Day**. Stephanie Marioneaux, M.D., clinical spokesperson for the American Academy of Ophthalmology, explains why you shouldn't turn a blind eye to this essential accessory.

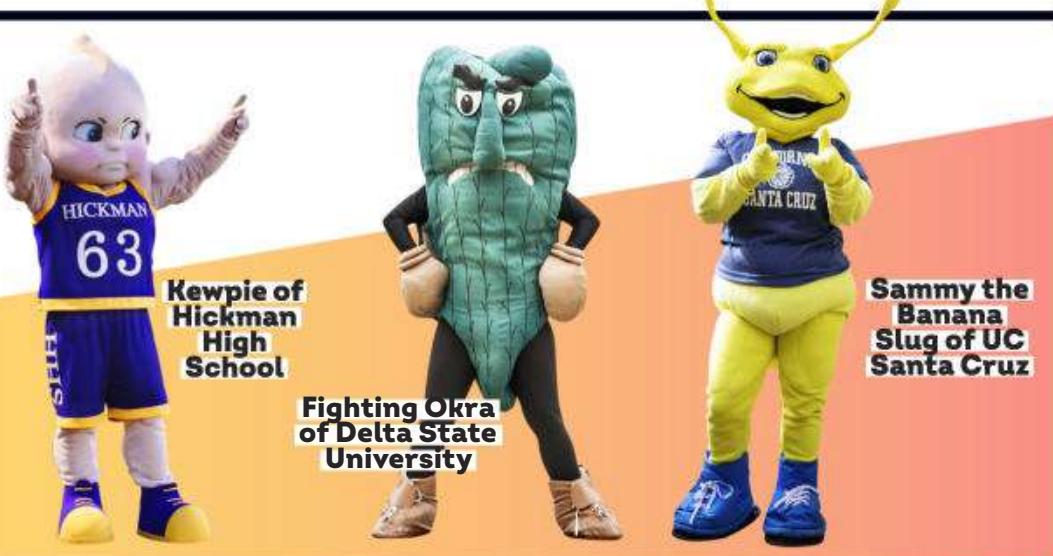


Freshly Picked Cerulean (top)
and Captain Blunt's Red Eye,
\$35 each, goodr.com

polarized or not?

Polarized lenses don't block UV rays, but do help reduce glare.

★ WHY YOU SHOULD WEAR 'EM	★ WHEN TO WEAR 'EM	★ WHAT FEATURES TO LOOK FOR	★ HOW TO FIND A FLATTERING PAIR
Too much exposure to UV light can damage the surface tissues, corneas, and lenses of your eyes. It also raises your risk of eye diseases like cataracts and macular degeneration.	Put on sunglasses whenever you're outside, including during the winter and on cloudy days. The sun's rays can pass through haze and clouds.	Check that your pair offers either "100% UV protection" or "UV absorption up to 400nm." Oversize and wraparound styles can limit the UV rays that enter from the glasses' sides.	A good general rule of thumb is to look for frames that balance your natural features. For example, if you have a rounder face shape, look for boxy lenses.



Kewpie of
Hickman
High
School

Fighting Okra
of Delta State
University

Sammy the
Banana
Slug of UC
Santa Cruz



Protect your closet

★ JULY 23-31 ★

We love and appreciate moths, especially when they're outdoors and away from our sweaters! During **Moth Week**, take this smart clothing-care advice from Carolyn Forté, executive director of the Home Care & Cleaning Lab at the Good Housekeeping Institute.

► "DEBUG" INFESTED CLOTHES

Wash what you can with hot water and detergent, then dry on medium to high heat to kill larvae, unless the care label recommends otherwise. Dry-cleaning can also do the trick.

► CLEAN ITEMS BEFORE STORING

Clothes moths mainly munch on natural fibers, but they have been known to eat through synthetics to get to a food source such as a stain. Even stains you can't see, like those from perspiration or clear drinks, can oxidize over time in storage and attract insects.

► SKIP THE MOTHBALLS

Many experts consider the chemicals in mothballs to be a potential health risk. Instead, seal seasonal clothing in airtight bags or boxes and store them in the main part of the house instead of in a hot or humid attic or basement.

JUST CHILLIN'

★ JULY 8 ★

There's no shame in going the store-bought route on **Freezer Pop Day**, but it's super easy to make your own. Experiment with layers of fruit puree and yogurt, or use a lemonade base like we did here!

DIY
ice pop stars

Pour lemonade into ice pop molds, add berries, and freeze.

The brand Popsicle invented the Double Pop (two-stick pops) during the Great Depression so kids could share an ice pop for a nickel.

Didja know...





Lip service

★ JULY 29 ★



April Franzino
WD Beauty
Director

Lipsticks can have the reputation of being drying, heavy, and hard to apply and wear, but not so with the next generation of formulas. This **Lipstick Day**, slick on one of these innovative new versions (in an array of shades!) that apply effortlessly and feel as good on lips as they look.



SHEER JELLY
For a lipcolor that feels like a balm, look no further than this translucent gel, made with skin-softening ingredients.

CoverGirl
Clean Fresh
Lip Stylo,
\$11, Ulta

LIQUID LIP
This liquid lipstick gives full-coverage color with the smoothness and glide-on ease of a gloss.

Mented Cosmetics
Liquid Lipstick,
\$20, QVC

LASTING INK
Sketch this lip stain marker all over lips for a punchy pop of color that feels weightless but stays in place.

TPSY
Forever Lip
Marker, \$15,
avon.com

GLOSS TINT
A hybrid of a lipstick and a gloss, this chic wand delivers dewy shine and rich pigment in one swipe.

Dior
Dior Addict
Lipstick, \$39,
dior.com

Time to spoil Grams

★ JULY 23 ★

Grandmas, they're the best—no doubt about it.

On **Gorgeous Grandma Day**, we're spotlighting Eva Chapman (@sizzling70s), an author and a grandma of seven.

How she lives her best life at age 75

Keep up your life spirit, and grow your own vegetables! I like to write, so I wrote a book, *Sexy at 70*, in which I described how I overcame the doldrums of menopause and became a great flirt and partygoer in my 60s.

The advice she'll pass on to her grandkids

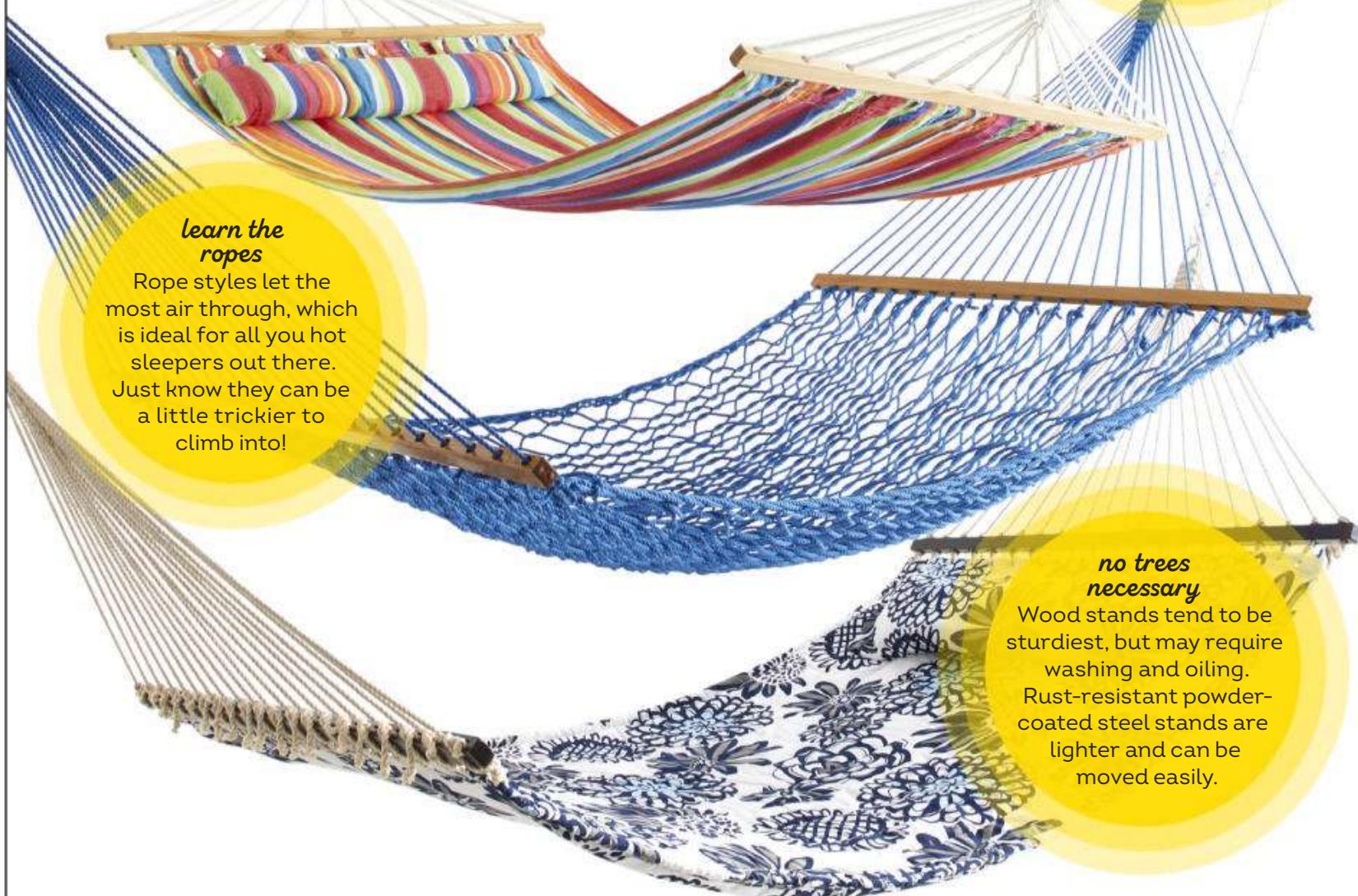
Read loads, dance loads, say "please" and "thank you," and have great fun.



Swinging into the weekend

★ JULY 22 ★

Thank you, **Hammock Day**, for giving everyone permission to lounge around for 24 hours! Here's how to set up the ultimate relaxation station.



A common thread?

★ JULY 25 ★

There are multiple ways to celebrate **Thread the Needle Day**, according to National Day Calendar, and most have nothing to do with sewing! Check 'em out and choose your own adventure.



TAKE IT LITERALLY

Grab thread and guide it through a sewing needle.



PASS A BALL

The term is also used in sports to describe moving the ball through a tight space.



PLAY POOL

In billiards, "threading the needle" is a move in which the ball is shot through a narrow pathway to its intended destination.



TRY THIS YOGA POSE

The "thread the needle" stretch involves sliding one arm underneath your body and lowering your shoulder and head to the floor.



(500)
Days of
Summer

Girls Trip

YOUR SUMMER WATCHLIST

★ JUNE 10 ★

This collection of must-see warm-weather classics will inspire you to make every Friday night **National Movie Night**.

JAWS

Jaws

Wet Hot
American
Summer

Under the
Tuscan Sun

National
Lampoon's
Vacation

Now and Then

MARK HARMON
SUMMER
SCHOOL

Camp

Didja know...

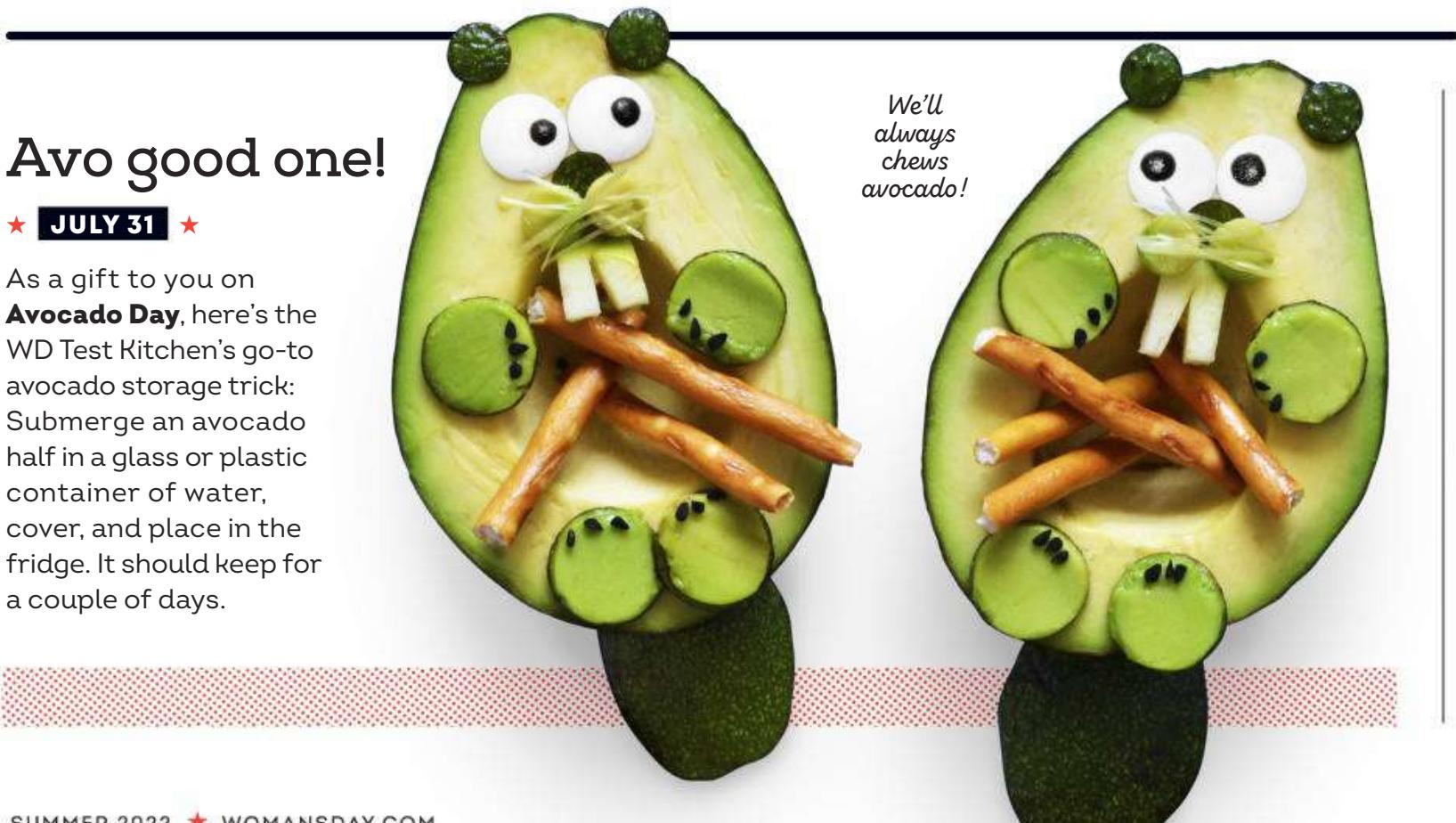
Jaws is widely regarded as the first summer blockbuster and was the first film to gross more than \$100 million.



You had me at Jell-O

★ JULY 12 ★

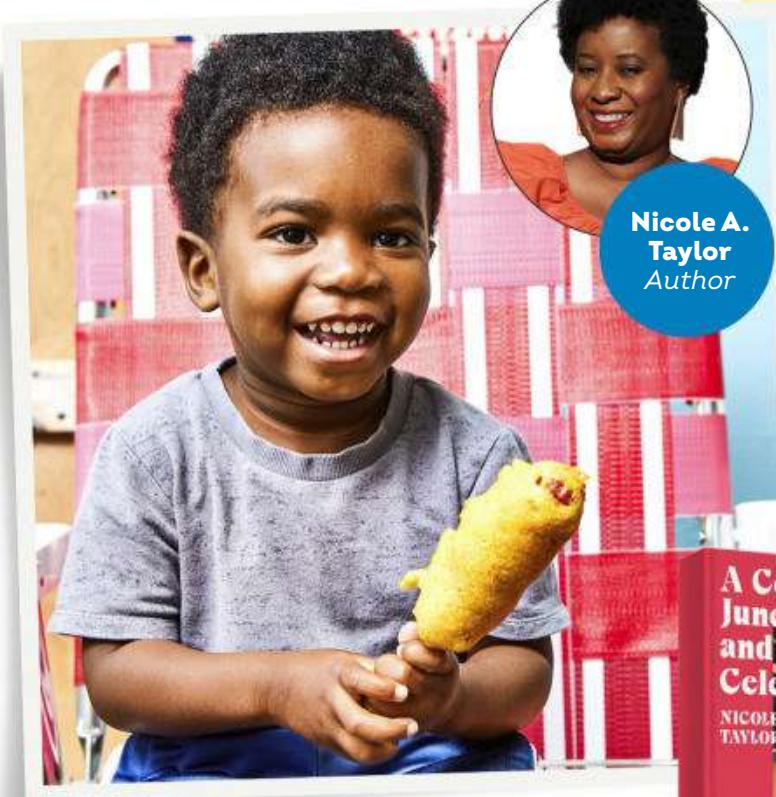
For **Eat Your Jell-O Day**, we turned the iconic treat into the ultimate summer snack. Place scooped-out lemon halves in the wells of a muffin tin, pour your warm Jell-O mixture into the lemons, and refrigerate until set. Then cut and serve!



Avo good one!

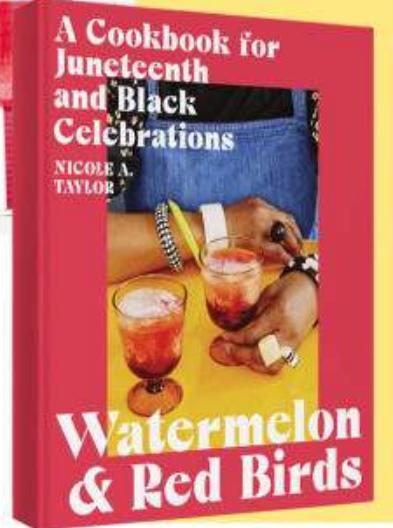
★ JULY 31 ★

As a gift to you on **Avocado Day**, here's the WD Test Kitchen's go-to avocado storage trick: Submerge an avocado half in a glass or plastic container of water, cover, and place in the fridge. It should keep for a couple of days.



Nicole A.
Taylor
Author

"Classic foods like corn dogs, fried shrimp, and elephant ears are Juneteenth festival and fair staples."



What to eat on Juneteenth

★ JUNE 19 ★

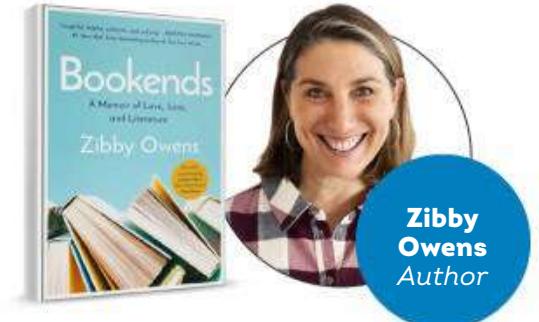
"Summertime celebrations have shaped U.S.A. leisure. **Juneteenth**, the nationally recognized holiday, brings Black American freedom into our lexicon and salutes a rich culinary legacy," says Nicole A. Taylor, author of the new cookbook *Watermelon & Red Birds*. Try her corn dog recipe (page 105), and pick up her book for more recipes to help you craft delicious and joyful Juneteenth celebrations for years to come.



Accordion to an expert

★ JUNE ★

In honor of **Accordion Awareness Month**, Paul Ramunni, owner of the New England Accordion Connection & Museum Company in North Canaan, CT, sums up the magic of this instrument quite beautifully: "The unique thing about the accordion is that it produces only happy sounds. It's very welcoming and makes people want to dance. No one plays accordions at funerals; you play them to start a party. The music brings people together."



Zibby
Owens
Author

Best beach reads

★ ALL SUMMER LONG ★

Zibby Owens, host of the popular podcast *Moms Don't Have Time to Read Books* and author of the inspiring and moving *Bookends: A Memoir of Love, Loss, and Literature*, shares her shortlist of ultimate escapes.

NORA GOES OFF SCRIPT

By Annabel Monaghan

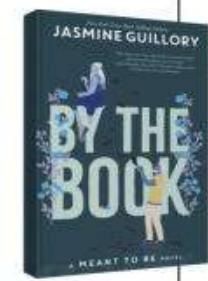
Monaghan's warm, accessible prose will draw readers right into this novel about a romance-channel screenwriter whose script based on her marriage's demise gets picked up for the big screen.



BY THE BOOK

By Jasmine Guillory

In this reimagining of *Beauty and the Beast*, Isabelle, an editorial assistant at a publishing house, sees an opportunity in helping wrangle a difficult author's book. What happens next is a true fairy tale.



A SHOE STORY

By Jane L. Rosen

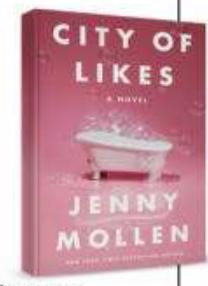
Esme almost started a life in New York City, but was called home. Years later, she returns to the city and, through a closet full of shoes, gets a glimpse at what might have been. Rosen's acerbic wit and keen observation make this book binge-worthy.



CITY OF LIKES

By Jenny Mollen

Meg gets sucked into the Mom-fluencer lifestyle when she befriends Daphne, who has millions of followers. This is a thought-provoking reflection on female friendship delivered with Mollen's signature hilarious wit.



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Disguise your veggies

★ JUNE 17 ★

Eat Your Vegetables Day will be the day you finally convince your kids (or your spouse) to eat the “yucky” green stuff. Jaclyn London, R.D., host of the food and wellness podcast *On the Side*, reveals her sneaky strategies.

1

MIX VEGGIES INTO BATTER

Try adding canned pumpkin or roasted, pureed summer squash or sweet potato into batter for pancakes, waffles, muffins, and more. The addition of $\frac{1}{4}$ to $\frac{1}{2}$ cup adds fiber, potassium, and vitamin C to your breakfast without messing with the flavor of your favorite recipe.

2

ADD CAULIFLOWER TO STARCHY SIDES

Use fresh or frozen riced cauliflower to replace white rice in DIY burrito bowls, stir-fries, and sautés. Another option: Mix steamed or sautéed cauliflower rice into your usual mashed potato or mac 'n' cheese recipe to add extra fiber and antioxidants to a dish.

3

PUT CHOPPED VEGGIES IN MEAT-BASED MAINS

Sturdier veggies like finely chopped carrots, mushrooms, or shelled edamame pair nicely with ground beef or turkey dishes like meatballs, burgers, Bolognese, or stove-top skillet recipes. Plus, veggies add volume, so you can use pricier ground beef or turkey in more than one dish without upping your grocery budget.

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Make every look count

Great taste.
Heart
Healthy.*



MAKE A RUN FOR IT

★ JUNE 1 ★

Not that excited about **Global Running Day**? Consider stepping into a pair of colorful, in-your-face running shoes, which can instantly up the fun factor of your next run. We love the sneaks here!

ASICS Women's Noosa Tri-13, \$130, academy.com



EXTRA BOOST

Proprietary foam technology offers lightweight cushioning.

Guide 15 Banner Pack, \$140, saucony.com



EXTRA BOOST

Additional under-foot contouring creates a plush and supportive feel.

Revel 5 Run Wild Collection, \$100, brooksrunning.com (Available June 15).



EXTRA BOOST

The arrow-point outsoles are designed to help your foot move quickly from heel to toe.



**Love breakfast with
all of your heart.**

*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.



We're nuts for doughnuts

★ JUNE 3 ★

If you're a **Doughnut Day** superfan like us, you'll a-dough these awesome flavors from beloved shops around the country.

the Honey,



Voodoo Doughnut, locations in CA, CO, FL, OR, TX, and WA

Maple + Bacon,

The Salty Donut, locations in FL and TX



Pomegranate,

The Holy Donut, locations in ME



Cookie Dough Milkshake,

PVDonuts, located in Providence, RI



Lift
others
up

★ JULY 11 ★

Let **Cheer Up the Lonely Day** be a friendly reminder to reach out to anyone in your life (like a neighbor or a colleague) who could use a boost!

LGBTQ Pride Month

★ JUNE ★

"We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity."

GEORGE TAKEI



Hey friend!
What's
poppin'?

GET YOUR OWN

AGED TO PERFECTION

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[TRAVELTEXAS.COM]



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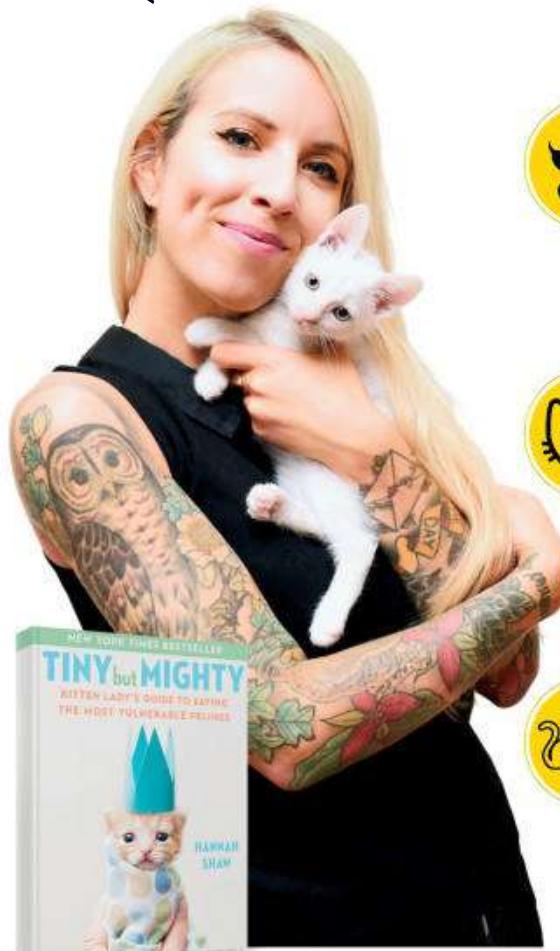
Love them like family. Feed them like family.®

SMILE FILE
SUMMER FUN

ARE YOU KITTEN ME?

★ JULY 10 ★

We asked Hannah Shaw (@kittenxlady), kitten rescuer and author of *Tiny but Mighty*, to share some ameawsing facts in honor of **Kitten Day**.



Careful, the claws stay out...at first.

Kittens have non-retractable claws at birth, but at around 4 weeks old, they develop the ability to retract them into their paws.

They're not afraid to express themselves.

Kittens can purr, meow, and even hiss when they are only hours old. Sometimes newborns will hiss at unfamiliar stimuli, like a new smell, but they quickly adjust to new circumstances.

Friends help them thrive.

Kittens do best when raised with another cat. If you're a first-time adopter, it's highly recommended to adopt a pair!

Sublime summer treat

★ JULY 5 ★

Of course you can always make s'mores on **Graham Cracker Day**, but our mini frozen key lime pies with graham cracker crusts are a much cooler way to celebrate. Turn to page 106 for our recipe.





BORN TO LOVE MEAT

A protein-rich food to satisfy the spirit of the lynx – BLUE Wilderness™ is made with more of the delicious meat cats crave. Each formula contains a precise blend of protein, fat, and complex carbohydrates to help your meat-loving cat thrive while satisfying the carnivore that lives within.

Love them like family. Feed them like family.®



I T U R N E D 19!

Para surfing champion
and disability advocate
Liv Stone knows
how to turn the tide.

by Christa Lee



Liv has a congenital limb difference (when a person is born missing all or part of their limbs), but she's never let it slow her down. She grew up playing a variety of sports and discovered a natural talent for being on the water in 2017, becoming a two-time Para Surf World Champion and a four-time gold medalist for Team USA in just a few years. "I've always had a 'Go big or go home' type of mentality," she says. Liv hopes her story can inspire other young women, whether or not they're part of the adaptive community, to follow their dreams: "Some people doubted me for being a woman and being disabled, but I'm continuing to prove that I can do anything."



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*Restrictions apply. See jtv.com for details.





Life lessons

Social media makes it easy for me to compare myself with others, but to find self-growth, I try not to worry about what others think of me. I'm learning to stick to my guns, pursue my passions, and believe in myself.

Happy, healthy secrets

RELAXING HOBBY Aside from staying active, I like to do acrylic painting. I use colors to show my emotions on a canvas, and it's a big stress reliever.

STAYING GROUNDED Yoga helps with my flexibility and breath work. A lot of surfing is about breathing to stay focused and relaxed, especially when the waves get really big.

HER ENERGY SOURCE I eat a mostly plant-based diet because it helps my body and my mind feel their best. When I don't eat well, I feel sluggish when I'm on the water.

Future forward

I want to continue growing my love for the sport and not let competition make me forget what truly matters. What's important is my relationship with the ocean and my surfing community.

beauty boost

"I feel my most beautiful when I'm in the ocean. It makes me feel whole and at peace."



STURDY FLIP-FLOPS

"Beach sandals get a lot of wear and tear from the sand, so they need to be really well made. These are durable, super comfortable, and easy to wipe clean."

Reef Cushion Court, \$45, reef.com



The same wavelength

"The adaptive surfing community is more like a family. Everyone supports each other."



POST-SWIM SCRUB

"This scrub helps get all the sunscreen and ocean salt off my skin. It makes my face feel smooth, and the aloe is so soothing after a day in the sun."

Burt's Bees Sensitive Solutions Gentle Face Scrub, \$10, burtbees.com



HYDRATION HELPER

"This water bottle is simple, lightweight, and easy for me to open. Plus, it insulates very well, so it's great for staying cool and hydrated."

Titan Deep Freeze 20-oz Stainless Steel Bottle, \$20, arcticzone.com

HER BEAUTY & BEACH MUST-HAVES



SPF STICK

"A sunscreen stick is easier to apply than a lotion, since it's less messy with the sand. It's also water-resistant, and I like that the tint gives it a more natural look on my skin."

Sun Bum
Signature SPF 50 Tinted Sunscreen Face Stick, \$19, sunbum.com



ALL-STAR SUIT

"A wet suit with a front zipper is less difficult for me to get on and off. The cut and style are flattering, and I don't have to worry about it moving around while I'm on the water."

Rip Curl G-Bomb Searchers Long Sleeve Spring Suit Wetsuit, \$130, ripcurl.com





What could you do if you weren't afraid to fail?

There I was, standing on a really, really high platform, staring at a muddy water pit and a trapeze bar. I was supposed to jump out and grab the bar so I could swing across and then drop.

This challenge stood between me and the rest of the Tough Mudder competition. Suddenly I didn't feel so tough. I turned around and made my way to the back of the line of people behind me. I needed to gather some courage. I reminded myself that I had done hard, scary things before and that I had what it took. I said a quick prayer. When I found myself at the front of the line again, I heard the crowd shouting as I leapt: "You can do this!" And I did it! I overcame! I believed! It was a victory, even though I landed flat on my back. I lay in that muddy pit so long that they nearly sent in help.

Have you ever wondered what you could do if you weren't afraid to fail—if you knew, deep in your heart, that you would succeed? The Bible is filled with unlikely heroes, people who overcame unbelievable obstacles (more than a trapeze and a mud pit) to accomplish the most amazing things. How did they do it? By God's grace. Through His power. For His glory.

VERSE OF THE MONTH

"Humanly speaking, it is impossible. But with God everything is possible."
MATTHEW 19:26 NLT

They didn't always know it, but eventually they discovered they could not be defeated. I don't always know it, but eventually I remember that I can't be defeated when I follow God, that I am unstoppable.

What are you staring at from a 15-foot platform? Never lose heart. Keep praying and pressing on—all the way to victory. He is unstoppable, and so are you!



Check out
Candace's latest
collection at
dayspring.com/candace.

from the HEART

with Candace Cameron Bure



In my column as your Chief Spiritual Officer, I share a meaningful verse that lifts my spirits and guides me in the right direction. I hope it does the same for you!

Follow me!
 @candacecbure
candacecbure.com

When depression sets you back,
Keep Moving Forward.

If you're still struggling, ask your doctor about adding REXULTI® (brexpiprazole) to your antidepressant.



Actor portrayals

When taken with an antidepressant, REXULTI was proven to reduce depression symptoms an extra 62% compared to the antidepressant alone.

ANTIDEPRESSANT

+ **REXULTI®**
2mg tablets

**62% GREATER REDUCTION
IN DEPRESSION SYMPTOMS**

6 week study in adults, with ongoing symptoms of depression, still taking an antidepressant. Individual results may vary.

INDICATION:

REXULTI is a prescription medicine used with other antidepressant medicines to treat major depressive disorder (MDD) in adults. It is not known if REXULTI is safe and effective in children with MDD.

IMPORTANT SAFETY INFORMATION:

Medicines like REXULTI can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for the treatment of people with dementia-related psychosis.

Antidepressant medicines may increase suicidal thoughts and actions in some children, adolescents, and young adults especially within the first few months of treatment or when the dose is changed. Depression and other mental illnesses are the most important causes of suicidal thoughts and actions. Pay close attention to any new or worsening depression symptoms, especially sudden changes in mood, behaviors, thoughts, or feelings. Report any change in these symptoms immediately to the doctor.

Do not take REXULTI if you are allergic to brexpiprazole or any of the ingredients in REXULTI.

REXULTI may cause serious side effects including:

- **Stroke (cerebrovascular problems)** in elderly people with dementia-related psychosis that can lead to death.
- **Neuroleptic malignant syndrome (NMS) is a serious condition that can lead to death.** Call your healthcare provider or go to the nearest hospital emergency room right away if you have: high fever; changes in your breathing, heart rate, and blood pressure; stiff muscles; confusion; increased sweating.
- **Uncontrolled body movements (tardive dyskinesia or TD)** in your face, tongue, or other body parts. TD may not go away, even if you stop taking REXULTI. TD may also start after you stop taking REXULTI.

**Ready to take the next step
on your depression journey?**



Scan to watch **My Path Forward** videos
for tips on:

- Understanding your symptoms
- Talking to your doctor
- Saving on prescriptions

• **Problems with your metabolism: High blood sugar (hyperglycemia) and diabetes.** Increases in blood sugar can happen in some people who take REXULTI. Extremely high blood sugar can lead to coma or death. Your healthcare provider should monitor your blood sugar. **Increased fat levels (cholesterol and triglycerides) in your blood or weight gain.**

- **Unusual and uncontrollable (compulsive) urges.** Some people taking REXULTI have had strong unusual urges, to gamble and gambling that cannot be controlled (compulsive gambling). Other compulsive urges include sexual urges, shopping, and eating or binge eating.
- **Low white blood cell count.**
- **Decreased blood pressure (orthostatic hypotension).**
- **Falls.** REXULTI may make you sleepy or dizzy, may cause a decrease in your blood pressure when changing position (orthostatic hypotension), and can slow your thinking and motor skills which may lead to falls that can cause fractures or other injuries.
- **Seizures (convulsions).**
- **Problems controlling your body temperature so that you feel too warm.** Do not become too hot or dehydrated during treatment with REXULTI.
- **Difficulty swallowing** that can cause food or liquid to get into your lungs.
- **Sleepiness, drowsiness, feeling tired, difficulty thinking and doing normal activities.** Until you know how REXULTI affects you, do not drive, operate machinery, or do dangerous activities. REXULTI may make you feel drowsy.

The most common side effects of REXULTI include weight gain and restlessness or feeling like you need to move (akathisia). These are not all the possible side effects of REXULTI. Tell your doctor about all the medicines you take, since there are some risks for drug interaction.

You may report side effects to the FDA at 1-800-FDA-1088.

Please read the additional Important Information about REXULTI on the following page.

IMPORTANT FACTS ABOUT REXULTI® (brexpiprazole)

REXULTI (REX-UL-TE) (brexpiprazole) Tablets

RX ONLY

Read the Patient Information that comes with REXULTI before you start taking it and each time you get a refill. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about REXULTI?

REXULTI may cause serious side effects, including:

- Increased risk of death in elderly people with dementia-related psychosis.** Medicines like REXULTI can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for the treatment of people with dementia-related psychosis.
- Increased risk of suicidal thoughts and actions.** Antidepressant medicines may increase suicidal thoughts and actions in some children, adolescents, and young adults **especially within the first few months of treatment or when the dose is changed.**
 - Depression and other mental illnesses are the most important causes of suicidal thoughts and actions.

How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes in mood, behaviors, thoughts, or feelings. This is very important when REXULTI or the antidepressant medicine is started or when the dose is changed.
- Call your healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions.
- Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member have any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying; new or worsening depression; feeling very agitated or restless; trouble sleeping (insomnia); acting aggressive, being angry, or violent; an extreme increase in activity or talking (mania); attempts to commit suicide; new or worsening anxiety; panic attacks; new or worsening irritability; acting on dangerous impulses; other unusual changes in behavior or mood

What is REXULTI?

REXULTI is a prescription medicine used with other antidepressant medicines to treat major depressive disorder (MDD) in adults. It is not known if REXULTI is safe and effective in children with MDD.

Do not take REXULTI if you are allergic to brexpiprazole or any of the ingredients in REXULTI. See the end of this fact sheet for a complete list of ingredients in REXULTI.

Before taking REXULTI, tell your healthcare provider about all of your medical conditions, including if you:

- have or have had heart problems or a stroke
- have or have had low or high blood pressure
- have or have had diabetes or high blood sugar or a family history of diabetes or high blood sugar. Your healthcare provider should check your blood sugar before you start REXULTI and during treatment with REXULTI.
- have or have had high levels of total cholesterol, LDL cholesterol, or triglycerides, or low levels of HDL cholesterol
- have or have had seizures (convulsions)
- have or have had kidney or liver problems
- have or have had a low white blood cell count
- are pregnant or plan to become pregnant. REXULTI may harm your unborn baby. Taking REXULTI during your third trimester of pregnancy may cause your baby to have abnormal muscle movements or withdrawal symptoms after birth.
 - Tell your healthcare provider if you become pregnant or think you are pregnant during treatment with REXULTI.
 - If you become pregnant during treatment with REXULTI, talk to your healthcare provider about registering with the National Pregnancy Registry for Atypical Antipsychotics. You can register by calling 1-866-961-2388 or visit <http://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/>.
- are breastfeeding or plan to breastfeed. It is not known if REXULTI passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby during treatment with REXULTI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. REXULTI and other medicines may affect each other causing possible serious side effects. REXULTI may affect the way other medicines work, and other medicines may affect how REXULTI works.

Your healthcare provider can tell you if it is safe to take REXULTI with your other medicines. Do not start or stop any medicines during treatment with REXULTI without first talking to your healthcare provider.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

What should I avoid while taking REXULTI?

- Do not drive a car, operate machinery, or do other dangerous activities until you know how REXULTI affects you. REXULTI may make you feel drowsy.
- Do not become too hot or dehydrated during treatment with REXULTI.
 - Do not exercise too much.
 - In hot weather, stay inside in a cool place if possible.
 - Stay out of the sun.
 - Do not wear too much clothing or heavy clothing.
 - Drink plenty of water.

What are the possible side effects of REXULTI?

REXULTI may cause serious side effects, including:

- See "What is the most important information I should know about REXULTI?"**
- Stroke (cerebrovascular problems) in elderly people with dementia-related psychosis that can lead to death.**
- Neuroleptic malignant syndrome (NMS) is a serious condition that can lead to death.** Call your healthcare provider or go to the nearest hospital emergency room right away if you have some or all of the following signs and symptoms of NMS: high fever; changes in your breathing, heart rate, and blood pressure; stiff muscles; confusion; increased sweating
- Uncontrolled body movements (tardive dyskinesia).** REXULTI may cause movements that you cannot control in your face, tongue, or other body parts. Tardive dyskinesia may not go away, even if you stop taking REXULTI. Tardive dyskinesia may also start after you stop taking REXULTI.
- Problems with your metabolism such as:**
 - high blood sugar (hyperglycemia) and diabetes.** Increases in blood sugar can happen in some people who take REXULTI. Extremely high blood sugar can lead to coma or death. Your healthcare provider should check your blood sugar before you start, or soon after you start REXULTI and then regularly during long term treatment with REXULTI.

Call your healthcare provider if you have any of these symptoms of high blood sugar during treatment with REXULTI: feel very thirsty; feel very hungry; feel sick to your stomach; need to urinate more than usual; feel weak or tired; feel confused; or your breath smells fruity

- increased fat levels (cholesterol and triglycerides) in your blood.** Your healthcare provider should check the fat levels in your blood before you start, or soon after you start REXULTI, and then periodically during treatment with REXULTI.
- weight gain.** You and your healthcare provider should check your weight before you start and often during treatment with REXULTI.

- Unusual and uncontrollable (compulsive) urges.** Some people taking REXULTI have had strong unusual urges, to gamble and gambling that cannot be controlled (compulsive gambling). Other compulsive urges include sexual urges, shopping, and eating or binge eating. If you or your family members notice that you are having unusual strong urges, talk to your healthcare provider.

- Low white blood cell count.** Your healthcare provider may do blood tests during the first few months of treatment with REXULTI.
- Decreased blood pressure (orthostatic hypotension).** You may feel lightheaded or faint when you rise too quickly from a sitting or lying position.
- Falls.** REXULTI may make you sleepy or dizzy, may cause a decrease in your blood pressure when changing position (orthostatic hypotension), and can slow your thinking and motor skills which may lead to falls that can cause fractures or other injuries.
- Seizures (convulsions).**
- Problems controlling your body temperature so that you feel too warm.** See "What should I avoid while taking REXULTI?"
- Difficulty swallowing** that can cause food or liquid to get into your lungs.
- Sleepiness, drowsiness, feeling tired, difficulty thinking and doing normal activities.** See "What should I avoid while taking REXULTI?"

The most common side effects of REXULTI include weight gain and restlessness or feeling like you need to move (akathisia).

These are not all the possible side effects of REXULTI.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of REXULTI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use REXULTI for a condition for which it was not prescribed. Do not give REXULTI to other people, even if they have the same symptoms you have. It may harm them. You can ask your pharmacist or healthcare provider for information about REXULTI that is written for healthcare professionals.

What are the ingredients in REXULTI?

Active ingredient: brexpiprazole

Inactive ingredients: corn starch, ferrosoferric oxide, hydroxypropyl cellulose, hypromellose, iron oxide, lactose monohydrate, low-substituted hydroxypropyl cellulose, magnesium stearate, microcrystalline cellulose, talc, titanium dioxide

Manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan

Distributed and Marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA

Marketed by Lundbeck, Deerfield, IL 60015 USA

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For more information about REXULTI, go to www.REXULTI.com or call 1-800-441-6763.

January 2022

11US22IBR0001

Life lessons

by Steve Leder



As WD's new Rabbi in Residence, I'll share some ancient and universal Jewish wisdom that I hope will help everyone lead a more beautiful life.

I have served as a rabbi at Wilshire Boulevard Temple in Los Angeles for 35 years, and being a rabbi includes writing eulogies, which means I have been asking children young and old to tell me about their fathers for decades. As my Father's Day gift to dads and parents everywhere, here are some of the most important lessons I have learned, which I include in my new book, *For You When I Am Gone*.



"A short memory and a forgiving heart are best."



Steve Leder with his late father, Leonard.

-1-

**HONOR
YOUR CHILD'S
BLUEPRINT.**

The most painful stories I hear from adults are about feeling like a disappointment as children: Their dad wanted a boy, not a girl; a student, not an artist; an athlete, not an actor. If you want happy, successful children, honor who they are, not who you wish they were.

-2-

**SHOW,
DON'T TELL.**

Do you tell your kids to be kind to their siblings even though you haven't called your own sister in months? Do you encourage kindness but shy away from a homeless woman's outstretched hand? Do you preach honesty while still paying an under-12 admission price for your 13-year-old? Don't just *say* the right things—*do* them.

-3-

**A LITTLE
IS A LOT.**

People's best memories of their dad rarely involve his title, net worth, or public acclaim. They're about the cage he built for their pet salamander; his patience helping them with homework; his coaching them, building model rockets, and camping with them; the time he brought them flowers and ice cream after their first broken heart.

-4-

**YOU CAN
GET IT WRONG
AND STILL
BE ALL RIGHT.**

Kids do foolish, hurtful, and even shocking things. When they do, a short memory and a forgiving heart are best. Eventually your children will discover that you make mistakes too, sometimes terrible ones. Your having granted them forgiveness over the years might well result in their doing the same for you.

-5-

**AFFECTION
IS POWERFUL.**

In his old age, my father and I learned a new language. After Alzheimer's robbed him of the ability to speak, I would sit next to him and silently hold his hand for hours. His disease and his death taught me that no matter how many times we say "I love you" or hold and are held by the people we love, it is never enough.



Follow me!
@steve_leder
steveleder.com

Rabbi Steve Leder is the author of the new book *For You When I Am Gone: Twelve Essential Questions to Tell a Life Story* and of *The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift*.



15 BUCKET LIST *beaches*

You'll feel like the luckiest castaway standing on these postcard-perfect shores.

by Kristi Valentini



1

Phra Nang Cave Beach

KRABI, THAILAND

With its jagged limestone cliffs and emerald water, this remote beach looks like the kind that pops up in your daydreams. Monkeys dart around, and long-tail boats—the only way to get there—line the shore. If you can tear yourself away from the view, hike a one-mile trail to a jade green lagoon or seek out the sacred cave that honors the princess Phra Nang.



2

Muizenberg Beach

CAPE TOWN, SOUTH AFRICA

Known as the birthplace of surfing in South Africa, this spot is ideal for learning how to hang ten thanks to its consistent waves and gently sloping sandy bottom. (Have no fear, there are professional shark-spotters keeping watch!) What may be even more popular than the surfing: the beach's iconic row of colorful and extremely photogenic beach huts.

3

Glass Beach

MACKERRICHER STATE PARK, FORT BRAGG, CA

Until 1967, this location was one of three city dumps where residents pushed their garbage off cliffs into the ocean. Now, after decades of clean-up efforts, the only thing that blankets the shore is the trash Mother Nature has turned into treasure: smooth blue, green, red, and amber sea glass.



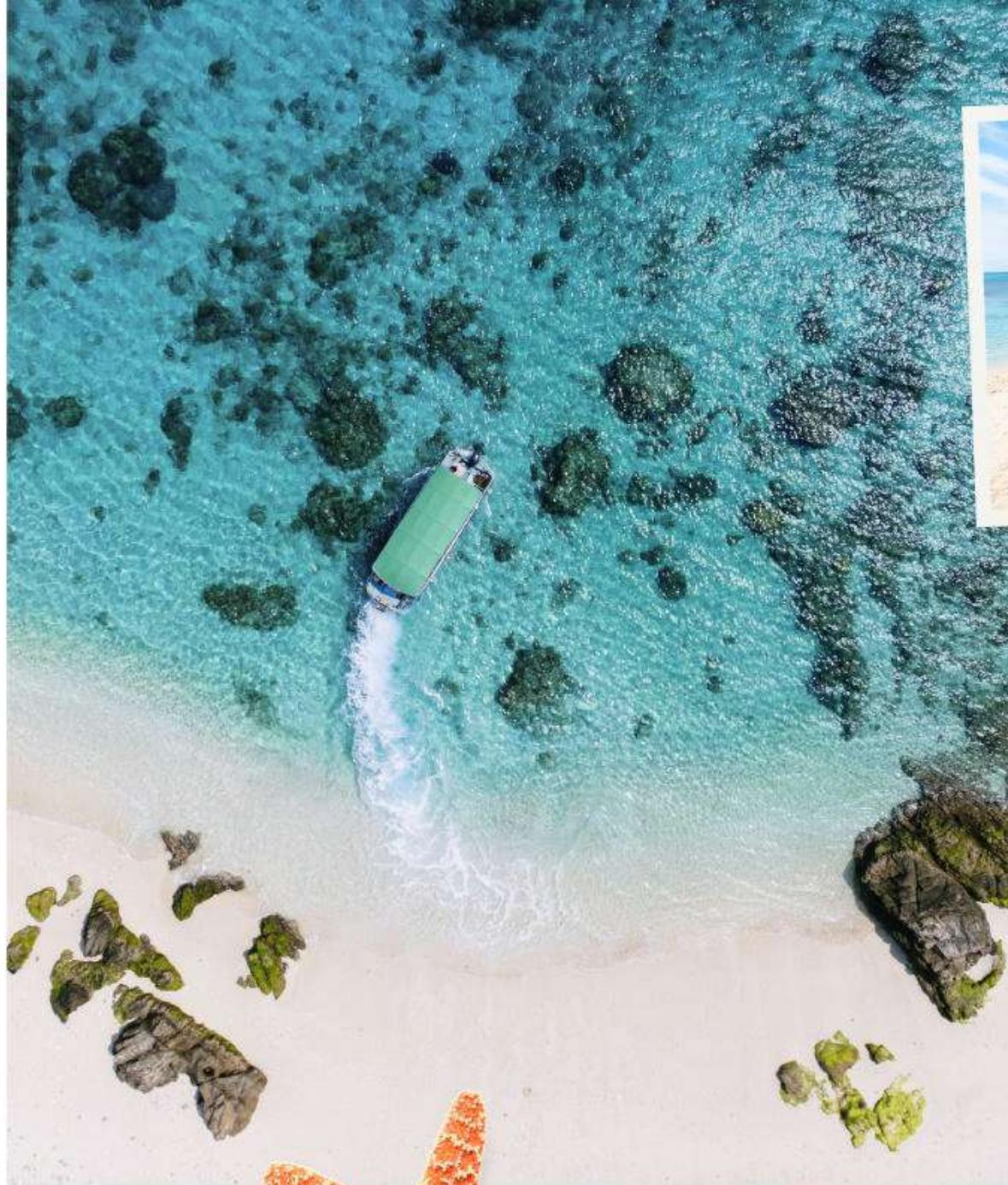
Sea glass is formed when shards of broken glass are smoothed out by waves, salt, and sand over many years.



4

Pa'iola Beach, WAI'ĀNAPANAPA STATE PARK, HANA, MAUI, HI

Haleakalā is the island's only active volcano—it's erupted at least 10 times in the past 1,000 years. The gorgeous result? This black-pebbled beach made from crushed lava. Snap some cool and moody beach photos, then check out the beach's blowhole (marine geyser) and take an easy 10-minute walk to freshwater caves.



5

Aharen Beach

OKINAWA, JAPAN

This beach at Keramashoto National Park offers a unique kind of stargazing. Instead of looking up at night, look down during the day! Get up close to the sand granules and you'll see star-shaped grains, which are the shells of tiny organisms that wash up from the pool-blue water. Pulverized coral makes the powdery sand bright white too.

6



Starfish Beach

STOCKING ISLAND, BAHAMAS

Watch where you step, because in this beach's clear, shallow water, red starfish dot the ocean floor. They congregate in this cove year-round and are especially easy to see at low tide. You can also run into a crowd of stingrays at Chat 'N' Chill, a nearby beach bar, and on the sand you'll find white crabs and sand dollars.

Some starfish here are as big as a foot across!



7

Oval Beach, Saugatuck, MI

Local fans like to say that Lake Michigan—one of the largest freshwater lakes in the world—is just like the ocean, minus the annoying stuff like salt and sharks. Here visitors stretch out on sugary sand for days full of wholesome family fun, including building sandcastles and splashing around in waves that can get up to 6 feet tall on windy days.

8

Trunk Bay, St. John, U.S. Virgin Islands

You may imagine red rocks and towering forests when you hear "national park," but more than 40% of Virgin Islands National Park is underwater and teeming with marine life. Trunk Bay, a stunning beach in the park, features a snorkeling trail(!) with plaques along the way to help identify reef residents including squid, parrotfish, and sea turtles.

didja know

The U.S.'s Virginia Beach, which has 38 miles of coastline, was deemed "largest pleasure beach" by Guinness World Records.





9

Secret Beach, SAN PEDRO, BELIZE

Cat's out of the bag: On Ambergris Caye, a snorkeling hot spot, there's a laid-back beach with warm, crystal-clear water that's a little slice of paradise. To get to this tucked-away locale, many choose to rent a golf cart for a bumpy joyride down a dirt road. Since word got out about this idyllic spot, restaurants and bars have set up lots of fun stuff in the water, including swings, volleyball nets, and picnic tables.

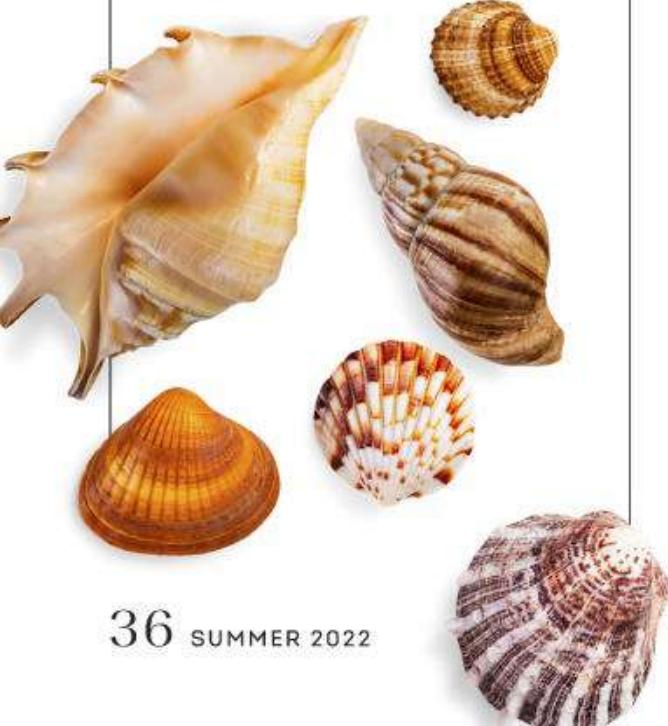
11



Bowman's Beach

SANIBEL, FL

Most of Florida's islands go north to south, but Sanibel Island runs east to west and acts like a shovel, scooping up more than 250 types of shells from the Gulf of Mexico and the Caribbean Sea. Shellers comb this big swath of sand for rare fully intact treasures, from sand dollars to spiral-shaped conches.



12

Calette di Torre Cintola (Coves of Torre Cintola)

BARI, ITALY

Located at the base of Italy's heel, this under-the-radar region holds lots of surprises, like this beach lined with 16th-century ruins. You may just think you've stumbled upon the lost city of Atlantis. Once an ancient rock quarry from which tuff was extracted and used to build the surrounding town, it's now a place where visitors can swim through the labyrinth of remnants, which resembles a crumbling castle on the sapphire-colored Adriatic Sea.

10

Cape Hatteras National Seashore

FROM RODANTHE TO HATTERAS, NC

Nicknamed "the graveyard of the Atlantic," the Outer Banks is a chain of islands with thousands of shipwrecks off its coast. Along the quiet, unspoiled beaches, visitors can spot several of them. The most visible: the *Oriental*, a Civil War steamship that sunk in 1862 and now sits in the surf just offshore, and the on-beach remnants of the *G.A. Kohler*, a four-masted schooner caught in a 1933 hurricane.



The *G.A. Kohler*, between Salvo and Avon, NC.





Look Great, Feel Great

Shake off that extra weight

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all."

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little

tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-nos" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first natural, non-GMO nutritional shake & green superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Woman's Day readers: if you order this month, you'll receive \$10 off your first order by using promo code "WD10" at checkout. You can order INVIGOR8 today at DrinkInvigor8.com or by calling 1-800-958-3392.

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CAT CHOW®

TAKE COMFORT IN OVER 50 YEARS
OF TRUSTED NUTRITION

PURINA Cat Chow Complete

MADE WITH REAL, DELICIOUS CHICKEN

PURINA

Cat Chow

Complete

PURINA Your Pet, Our Passion.

13

Indiana Dunes State Park

CHESTERTON, IN

Visitors here leave with a sense of wonder and accomplishment after conquering the 3 Dune Challenge: a trail that climbs over three of the tallest sand dunes—the equivalent of walking up 55 stories—with breathtaking views of deep-blue Lake Michigan. After that workout, relax on the soft, sandy beach for as long as your heart desires.





14

Horseshoe Bay, Southampton Parish, Bermuda

This popular spot is just one of the island's many pink beaches. That's right, there are *multiple* pink beaches just a short flight from the U.S.'s East Coast. A 10-minute walk east from here leads to one rosy-hued (and secluded) cove after another, all along the south shore. Red shells of teeny organisms called foraminifera wash up from the reefs, which encircle the island, and mix with the sand to give it that amazing color.

15

Seven Mile Beach, Negril, Jamaica

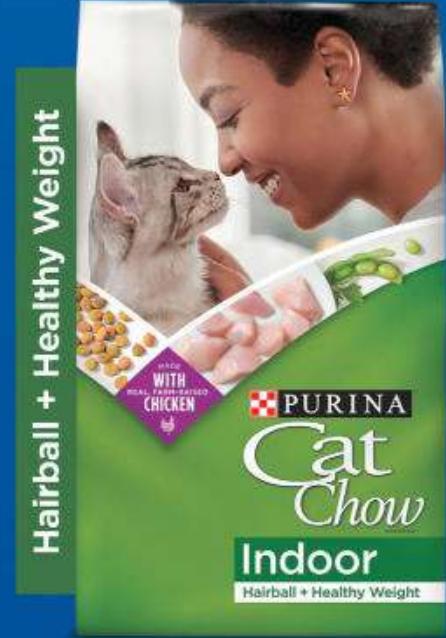
This no-worries, kick-back beach has the clearest water *Woman's Day*'s editor in chief has ever seen. There's plenty to eat and drink—beachside spots serve up frosty cocktails and sizzling jerk chicken—and you just never know what kind of fun you'll find here (think impromptu reggae jam sessions). While you're in the area, don't miss a quick trip to Rick's Cafe, where people (including kids!) jump off epic cliffs into the ocean.

*take care of
our oceans!*

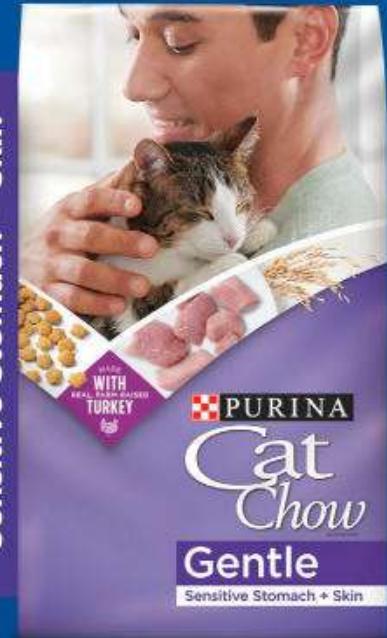
Celebrate World Oceans Day on June 8 by committing to more sustainable practices. Some ways you can help: Find alternatives for single-use plastic, choose seafood that isn't overfished, and use reef-friendly sunscreen.

PURINA

Cat Chow



Sensitive Stomach + Skin



NEW LOOK!

Real Chicken #1 Ingredient



MADE WITH
REAL CHICKEN, TURKEY,
OR SALMON



WET AGE-RELATED MACULAR
DEGENERATION (WET AMD)

KEEP LIVING LIFE THROUGH YOUR EYES

TAKE CONTROL OF YOUR SIGHT WITH EYLEA.

If Wet AMD has impacted your eyes—and how you see life—fight back with EYLEA.

- EYLEA is **clinically proven to help improve vision**—which may help you read letters and see details more clearly
- EYLEA helped **maintain vision improvements for up to 4 years** with continued treatments in a clinical study

ASK A RETINA SPECIALIST ABOUT EYLEA.

INDICATIONS

EYLEA® (aflibercept) Injection 2 mg (0.05 mL) is a prescription medicine approved for the treatment of patients with Wet Age-related Macular Degeneration (AMD), Macular Edema following Retinal Vein Occlusion (RVO), Diabetic Macular Edema (DME), and Diabetic Retinopathy (DR).

IMPORTANT SAFETY INFORMATION

EYLEA® (aflibercept) Injection is a prescription medicine administered by injection into the eye. You should not use EYLEA if you have an infection in or around the eye, eye pain or redness, or known allergies to any of the ingredients in EYLEA, including aflibercept.

Injections into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA.

In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your doctor may monitor this after each injection.

There is a potential but rare risk of serious and sometimes fatal side effects, related to blood clots, leading to heart attack or stroke in patients receiving EYLEA.



#1 **FDA-APPROVED** treatment in its class
for patients with Wet AMD*

The most common side effects reported in patients receiving EYLEA were increased redness in the eye, eye pain, cataract, vitreous (gel-like substance) detachment, vitreous floaters, moving spots in the field of vision, and increased pressure in the eye.

You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently.

Contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

For additional safety information, please talk to your doctor and see the full Prescribing Information for EYLEA.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Consumer Brief Summary on the adjacent page.

*IBM Truven MarketScan data: Number of injections administered, from Q4 2018 through Q3 2019; Data on File.



(Pronounced: eye-lee-ah)

Consumer Brief Summary

This summary contains risk and safety information for patients about EYLEA. It does not include all the information about EYLEA and does not take the place of talking to your eye doctor about your medical condition or treatment.

What is EYLEA?

EYLEA is a prescription medicine that works by blocking vascular endothelial growth factor (VEGF). VEGF can cause fluid to leak into the macula (the light-sensitive tissue at the back of the eye responsible for sharp central vision). Blocking VEGF helps reduce fluid from leaking into the macula.

What is EYLEA used for?

EYLEA is indicated for the treatment of patients with:

- Neovascular (Wet) Age-Related Macular Degeneration (AMD)
- Macular Edema Following Retinal Vein Occlusion (RVO)
- Diabetic Macular Edema (DME)
- Diabetic Retinopathy (DR)

How is EYLEA given?

EYLEA is an injection administered by your eye doctor into the eye. Depending on your condition, EYLEA injections are given on different schedules. Consult with your eye doctor to confirm which EYLEA schedule is appropriate for you.

Who should not use EYLEA?

Do not use EYLEA if you have an infection in or around the eye, eye pain or redness, inflammation in the eye, or are allergic to aflibercept and/or any other ingredients in EYLEA.

What is the most important information I should know about EYLEA?

- EYLEA must only be administered by a qualified eye doctor. Injection into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA. If your eye becomes red, sensitive to light, painful, or develops a change in vision, seek immediate care from an eye doctor
- In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your eye doctor may monitor this after each injection
- There is a potential but rare risk of serious and sometimes fatal side effects related to blood clots, leading to heart attack or stroke in patients receiving EYLEA
- Serious side effects related to the injection procedure with EYLEA are rare but can occur including infection inside the eye and retinal detachment
- You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently
- Because EYLEA is composed of large molecules, your body may react to it; therefore, there is a potential for an immune response (allergy-like) in patients treated with EYLEA

What are possible side effects of EYLEA?

EYLEA can cause serious side effects, including

- See important safety information listed under "What is the most important information I should know about EYLEA?"

The most common side effects include

- Increased redness in the eye
- Eye pain
- Cataract
- Vitreous (gel-like substance) detachment
- Vitreous floaters
- Moving spots in the field of vision
- Increased pressure in the eye

There are other possible side effects of EYLEA. For more information, ask your eye doctor.

It is important that you contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I tell my eye doctor before receiving EYLEA?

- Tell your eye doctor if you have any medical conditions
- Tell your eye doctor if you are pregnant or are planning to become pregnant. It is not known if EYLEA may harm your unborn baby
- Tell your eye doctor if you are breastfeeding. It is not known if EYLEA may harm your baby. You and your eye doctor should decide whether you should be treated with EYLEA or breastfeed, but you should not do both

How is EYLEA supplied?

EYLEA is supplied in a clear, colorless to pale yellow solution. It is provided in a pre-filled glass syringe or glass vial containing the amount of product required for a single injection into the eye, which is 0.05 mL (or 2 mg of the medicine product).

Where can I learn more about EYLEA?

For a more comprehensive review of EYLEA safety and risk information, talk to your health care provider and see the full Prescribing Information at EYLEA.com.

REGENERON

Manufactured by:

Regeneron Pharmaceuticals, Inc.
777 Old Saw Mill River Road
Tarrytown, NY 10591

EYLEA is a registered trademark of Regeneron Pharmaceuticals, Inc.

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Issue Date: November 2020

Initial U.S. Approval: 2011

based on the August 2019 EYLEA® (aflibercept) injection full Prescribing information.

hello / that's a-door-able!



Hooray for the U.S.A.

Fun ways to celebrate the land we all love

WREATH: MICHAEL PARTENIO. DOOR: STEVE GIRALT.



Knock, knock! We've got a joke for you...

Q: Why are there no Fourth of July knock-knock jokes?
A: Because freedom rings!

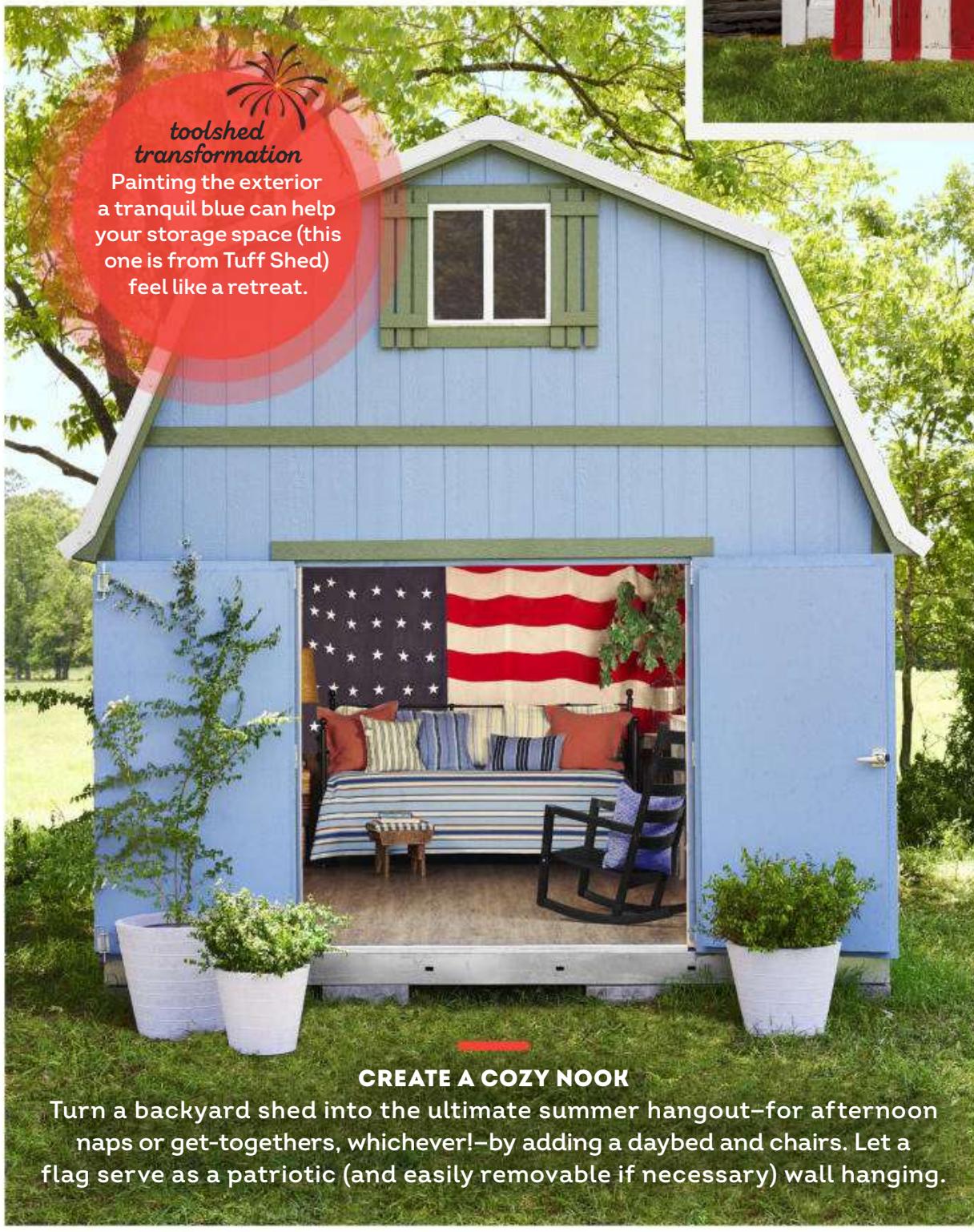
PAINT YOUR OWN FLAG

Use a slab of reclaimed wood to create a festive piece of decor (and, yes, a photo backdrop!) for your Fourth of July bash.



tip: When displaying an American flag vertically, proper protocol is to place the Union (the blue section) at the top left corner.

toolshed transformation
Painting the exterior a tranquil blue can help your storage space (this one is from Tuff Shed) feel like a retreat.



CREATE A COZY NOOK

Turn a backyard shed into the ultimate summer hangout—for afternoon naps or get-togethers, whichever!—by adding a daybed and chairs. Let a flag serve as a patriotic (and easily removable if necessary) wall hanging.



FESTIVE HEADBANDS

Cut letters from felt, leaving a small tab on the bottom of each. Hot-glue them onto a plastic headband with pom-poms for flair.

HANDKERCHIEF BUNTING

String together lightweight bandannas in fun patterns and colors for a summer-country-fair vibe.



SET A STAR-SPANGLED SCENE

Hang bunting flags along the railing, stick handheld flags into planters, and go the extra mile with red, white, and blue blooms!

THAT'S A-DOOR-ABLE!
WREATH OF THE MONTH



SWING TO THE STARS

No flagpole? Your flag can still flap in the wind when attached to a backyard swing. Remember to hang it high so that it never touches the ground!



**BURSTING
WITH PRIDE
BALLOON**

Spell out
"USA" on a
balloon with
star stickers
and attach
paper flags to
the string.



STRAW GARLAND

Cut paper straws into a fun design and thread baker's twine through them.



**NO-SEW SEAT
CUSHIONS**

Sandwich one cushion between two scarves, then join each corner together with a rubber band and hide the bands with thin ribbon.



Want more
July 4 decor?
Go to womansday.com/4th-of-july.



...and the
home of the
brave!

how to HONOR THE FLAG

Don't be shy—let the flag fly! Just be sure to keep these etiquette rules in mind when showing your allegiance.

⇒ Protect it from harm

Unless yours is an all-weather flag, bring it inside during inclement weather, and prevent situations that could cause the flag to be stained, torn, or damaged.

⇒ Put it in the spotlight

It's customary for flags to be displayed from sunrise to sunset on buildings and flagpoles, but they can also be displayed at night as long as they're properly illuminated.

⇒ Store it carefully

Fold your flag into a triangle with the Union (the blue section) visible, and keep it in a well-ventilated area.

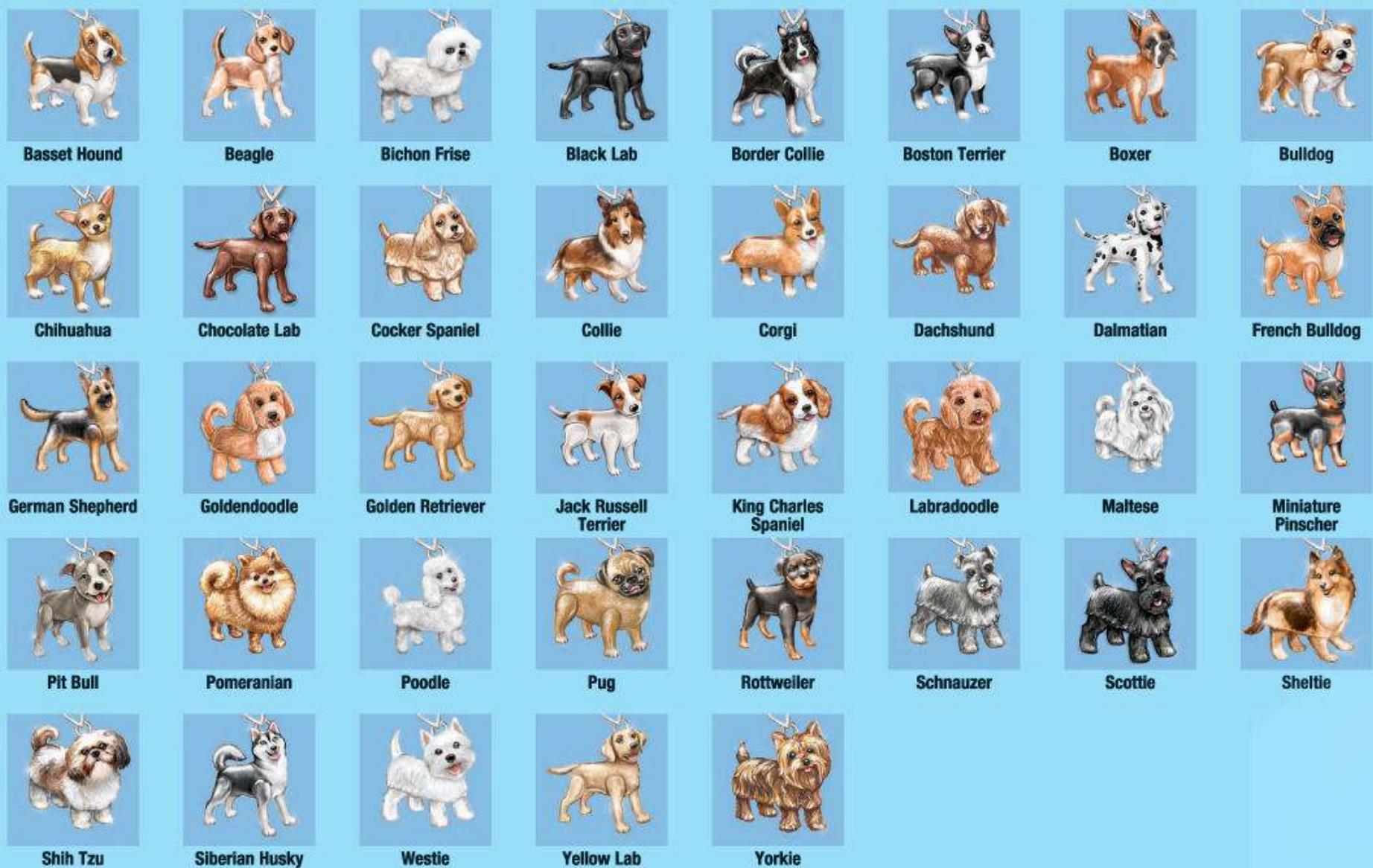
Curious about this gorgeous home? Knickerbocker Group is the builder and architect. Mary Barrett (*above left*) did the interior design in collaboration with Knickerbocker Group Senior Interior Designer Elena Duralde (*above right*).

Treat Yourself
to Guteness...

Times Two!

I Wag and Wiggle!

Legs and tail move!



Fine Jewelry Exclusives From The Bradford Exchange

Plated in shimmering sterling silver, these fun and stylish earrings feature hand-painted enameled puppies. Not only are the little faces of each pup irresistibly sweet, but *the legs really move and the tails really wag!* The earrings feature hypo-allergenic stainless steel posts and close with easy-to-use lever backs. And for a special touch of sweetness, the little cuties dangle from a heart-shaped bail. A wonderful tribute to your faithful friend, the *"Playful Pups"* Earrings bring new meaning to walking the dog! They're a must-have addition to the jewelry wardrobe of any dog lover. These adorable earrings are exclusive to The Bradford Exchange—you won't find them anywhere else. So don't miss out. Reserve yours now before they are dog-GONE!

A Remarkable Value...Satisfaction Guaranteed!

These exclusive earrings are an incredible value at \$79.99*, payable in 3 installments of \$26.66 each. Backed by our unconditional, full money back, 120-day guarantee, the earrings arrive in a custom presentation case with a Certificate of Authenticity. So don't miss out — order today!



Playful Pups Earrings

A Design So Adorable
it Speaks for Itself!



Fully sculpted and hand-enameled

Sterling silver plating

Hypo-allergenic posts and lever-back closures



Order online at

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SEND NO MONEY NOW

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- Miniature Pinscher
- Siberian Husky
- Border Collie
- Dalmatian
- Pit Bull
- Westie
- Boston Terrier
- French Bulldog
- Pomeranian
- Yellow Lab
- Boxer
- German Shepherd
- Poodle
- Yorkie
- Bulldog
- Goldendoodle
- Pug
- Chihuahua
- Golden Retriever
- Rottweiler
- Chocolate Lab
- Jack Russell Terrier
- Schnauzer

YES. Please reserve the **"Playful Pups" Earrings** in the breed(s) checked.

Signature _____

Mrs. Mr. Ms. _____

Name (Please Print Clearly) _____

Address _____

City _____

State _____ Zip _____

E-Mail (Optional) _____

*Plus \$10.98 shipping and service for each pendant (see bradfordexchange.com). Please allow 4-6 weeks after initial payment for delivery of your jewelry. Sales subject to product availability and order acceptance.

01-15598-002-E93211

CELEBRATE
WITH
woman's day

Watermelon *a slice of* summer

One-in-a-melon ideas
for everyone's favorite fruit!



MIRE GARTEN; GETTY IMAGES (WATERMELON SLICES), MELON CRAFTER: MARCIE MCGOLDRICK, FOOD STYLING: CHRISTINE ALBANO, PROP STYLING: ALEX MATA.

SUCCULENT SNACK

Serve fruit salad or melon balls in this prickly pal.

How-to, page 106

flower power

Use your knife or a cookie cutter to cut out floral "accessories" from other fruit, like cantaloupe.

Cactus makes perfect!





Chirp-chirp-
hooray!



HOW TO SLICE WATERMELON: DANIELLE DAILY

HOW TO KEEP IT FRESH

Store whole watermelons at room temp for up to two weeks. Be sure to keep them separate from other fruits like apples and tomatoes, which release gases that cause melon's rind to soften. Once cut, wrap slices tightly in plastic wrap and store in the fridge for up to five days.

BIRD'S THE WORD

These cuties do double duty: Use as your centerpiece, then slice for a sweet snack.

How-to, page 106

try it... MAKE A NICE SLICE

Your guide for perfect triangles:



Step 1 Cut off both ends, then halve the melon by standing it on one cut end and slicing through with a serrated knife.



Step 2 Place one half cut side down on a cutting board and slice vertically down the middle from end to end to make quarters.



Step 3 Cut the quartered melon into 1- to 1½-in. slices.



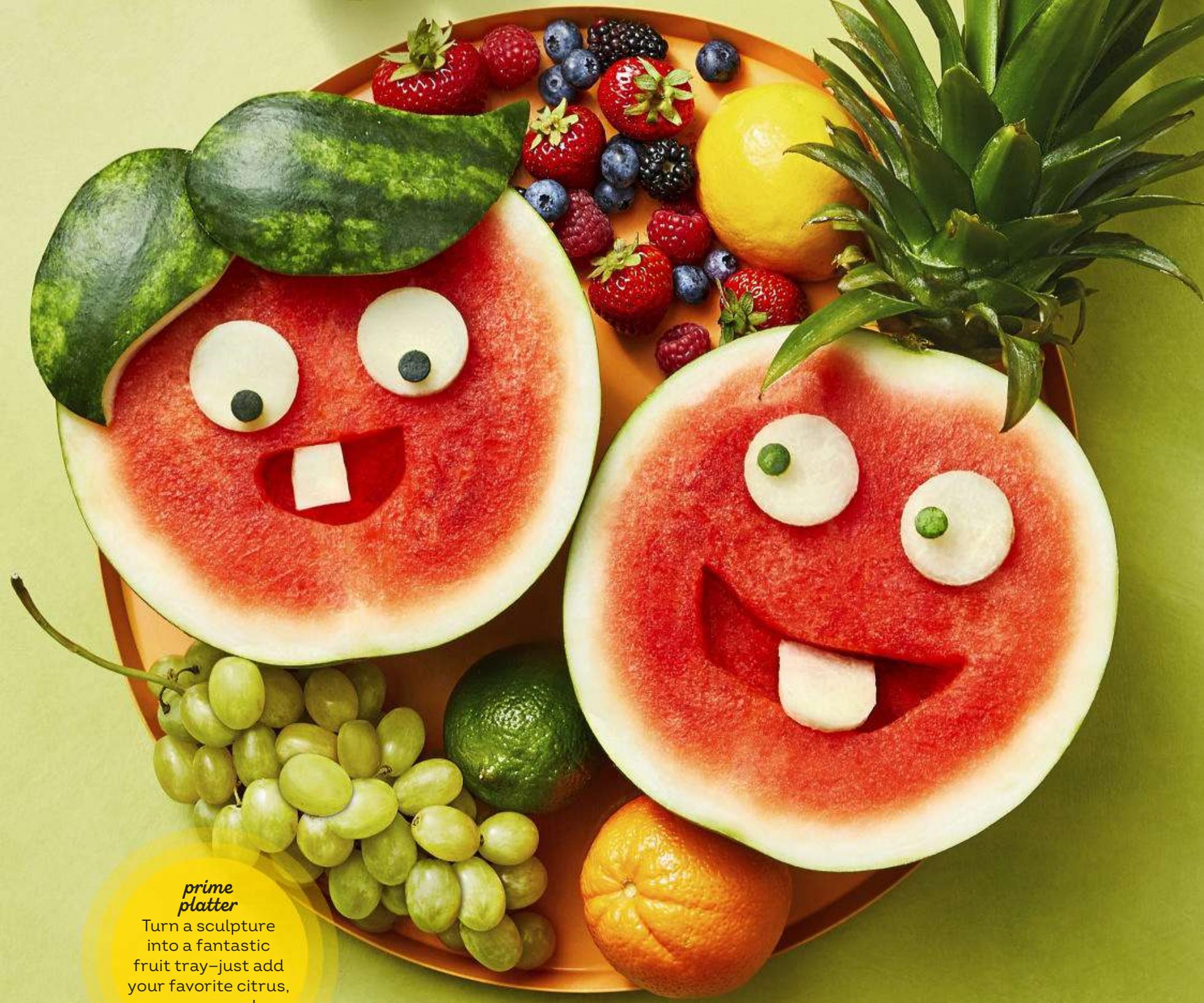
Step 4 Serve!



FRIENDLY FACES

Sliced watermelon rind is the secret to these smiling sculptures.

How-to, page 106



prime platter

Turn a sculpture into a fantastic fruit tray—just add your favorite citrus, grapes, and berries.



TUTTI-FRUTTI

playlist

- ⇒ **Watermelon Crawl** TRACY BYRD
- ⇒ **Orange Trees** MARINA
- ⇒ **Banana Pancakes** JACK JOHNSON
- ⇒ **Tangerine** LED ZEPPELIN
- ⇒ **Mango Tree** ZAC BROWN BAND
FEAT. SARA BAREILLES
- ⇒ **Lemon Crush** PRINCE
- ⇒ **Strawberry Avalanche** OWL CITY

GREATEST OF ALL TIME

We're not kidding—these will be the hit of your BBQ!

How-to, page 107



Didja know...

Watermelon rind is treated like a vegetable in China, Russia, and parts of the southern U.S., where it's often stir-fried or pickled.

WATERMELON SALAD 4 WAYS

The perfect side for any off-the-grill protein



FRESH + FIERY

Whisk together 3 Tbsp **lemon juice** + 2 Tbsp **olive oil** + 1 tsp **honey** + **salt** and **pepper**; stir in $\frac{1}{2}$ small **red onion** + $\frac{1}{2}$ **serrano** (both thinly sliced). Toss with 6 cups grilled **watermelon chunks** + **fresh mint** + crushed **peanuts**.



CUCUMBER BALLER

In bowl, toss 2 **Persian cucumbers** (sliced) + 2 Tbsp **olive oil** + 1 Tbsp **white wine vinegar** + **salt** and **pepper**. Toss with 6 cups **watermelon balls** + 1 **avocado** (diced) + 1 Tbsp **tarragon** (roughly chopped).



CAPRESE 2.0

In bowl, whisk together 3 Tbsp **olive oil** + 1 Tbsp **red wine vinegar** + **kosher salt** and **pepper**. Toss with 1 pint **cherry tomatoes** (halved) + 4 cups **seedless-watermelon balls** + $\frac{1}{3}$ cup crumbled **feta** + **basil**.

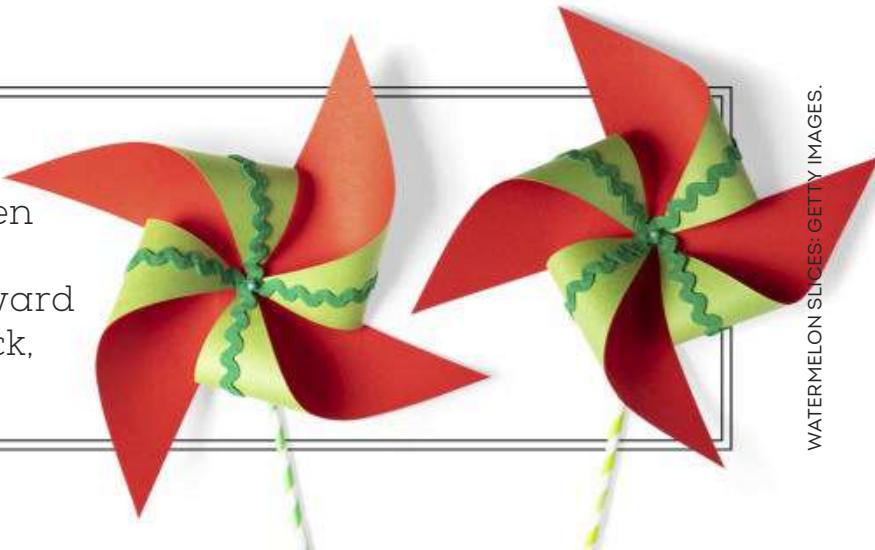


TROPICAL TREAT

In bowl, toss 1 **dragon fruit** (cut into thin pieces) + 4 cups **seedless-watermelon cubes** + 6 oz **blackberries** + $\frac{1}{4}$ cup **coconut flakes** (toasted) + 1 Tbsp each **lime juice** and **lime zest**.

MELON PINWHEELS

Blow everyone away: Cut one red and one green sheet of paper, stacked, into $8\frac{1}{2}$ " squares, then cut four slits into each square from corners toward center. Fold points in; glue in place. Attach rickrack, then secure to straws with pins.





Didja know...

Because of their high water content (92%), watermelons were used as canteens by early explorers on their journeys.

CUTE CUBES

Fill ice cube trays halfway with blended watermelon. Freeze (about 2 hr.), then top with a second juice and freeze again. Add to a glass of club soda.



RIPE REFRESHERS

Fruit comes front and center in these seasonal sips.



PINEAPPLE
PARADISE

WATERMELON
WONDER

HONEYDEW
HEAVEN

3-IN-1 AGUA FRESCA

MAKES 6 TO 8 SERVINGS

1 In blender, puree 1 lb **pineapple**, **watermelon**, or **honeydew** (rind, seeds, and pits discarded) with 1 cup **water** and 2 Tbsp each **sugar** and **lime juice** until completely smooth.

2 Pour mixture through strainer set over large measuring cup or bowl. Use spoon to help mix so it continues to strain, pressing gently on pulpy solids to get all fruit juice out.

3 Transfer mixture to pitcher and add 2 cups water, skimming and discarding any foam that rises to top. Add more water if mixture seems thick and adjust with additional sugar and lime juice as desired. Serve over ice.

Didja know...

Watermelons can get ginormous! The world's heaviest weighed over 350 lbs and was grown by Chris Kent in Tennessee in 2013.



party pie

Top a round of watermelon like a pizza: Spread with Greek yogurt, then add berries, mint, toasted coconut, and a drizzle of honey.



day trip FIND A WATERMELON FESTIVAL

Go for the fruit; stay
for the festivities!

Looking for the world's sweetest watermelons?

Try Cave City, AR's claim to fame at its annual celebration. cauecitywatermelonfestival.com

Get your costume ready! The California Watermelon Festival will award prizes and trophies to entrants with the best getups. watermelonfest.org

See the Watermelon Queen! Head to Cordele, GA, to witness the winner's inauguration. visitcordele.com

The most reliable way to lose up to 10 pounds of fat every week and keep it off!

Scientifically proven and successfully accomplished by hundreds of thousands of people within the last 30 years, this unique amino acid complex — designed to fit the human body optimally — is doing wonders.

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

Years ago, Hubertus Trouillé, a German holistic therapist, developed an effective formula to end the cycle of weight loss and gain.

Using just three natural nourishing ingredients, Trouillé developed a dietary supplement with a unique amino acid complex that works in a unique manner by treating and improving the body's metabolism and thermogenesis, which converts food to heat or energy.

Unlike other supplements that simply suppress appetite, this patented formula increases the body's metabolism, maintains muscle mass and helps the body burn fat more effectively.

Today, this popular German weight loss phenomenon is available in the U.S. It can be used as a quick weight loss regimen or as a meal replacement to transform your body and lifestyle, and is helpful for achieving overall good health.

Actual research from the University of Edmonton shows, even used once a day as a meal replacement, Almased® is effective in stimulating the fat-burning metabolism while actively fighting weight problems and insulin resistance. When used as directed, Almased helps take excess pounds off, and keep them off, ending the yo-yo cycle.

How the Amino Acid Complex in Almased® Works in the Body



Jamie Luu, RDN, LDN
Jamie is a Registered and Licensed Dietitian who provides nutritional guidance for Almased.

Almased fuels the body with a unique complex of amino acids, including all nine essential amino acids, which are crucial in maintaining our health and metabolism.

- 1.** Histidine: Helps with cell regeneration, repairing damaged tissue
- 2.** Isoleucine: Regulates blood glucose levels, which influence insulin demand, thereby the body's ability to

break down stored fat

- 3.** Leucine: Prevents muscle loss and improves muscle gain, impacting metabolism
- 4.** Lysine: Helps with wound healing and exhibits antiviral effects on the body
- 5.** Methionine: Improves immune function
- 6.** Threonine: Maintains gut integrity and function
- 7.** Tryptophan: Serves as a precursor for vitamin B6 and

serotonin (a neurotransmitter that controls mood and sleep). It also has anti-inflammatory and antioxidative properties

- 8.** Phenylalanine: Affects mood and emotions by serving as a precursor for norepinephrine, epinephrine, and dopamine
- 9.** Valine: Assists in making other amino acids, glutamine and alanine

Need help with your diet? Contact us at info@almased.com or call 1-877-256-2733.

My Bikini Emergency Plan at a glance

First week

Breakfast, Lunch and Dinner

Replace all 3 meals with 8 tablespoons of Almased® for each meal. Drink as much vegetable broth as you like.

Second week and beyond

Breakfast and Dinner

8 tablespoons of Almased® (50g) in low-fat dairy or plant-based milk with 1 teaspoon cinnamon or unsweetened cocoa powder, if desired.

Lunch

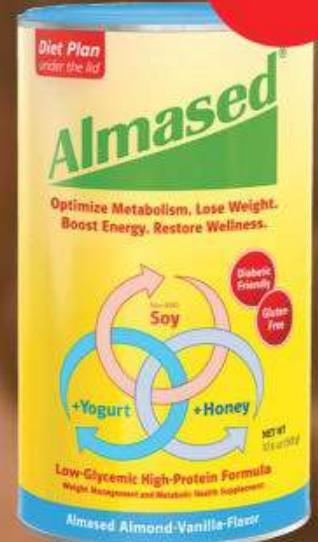
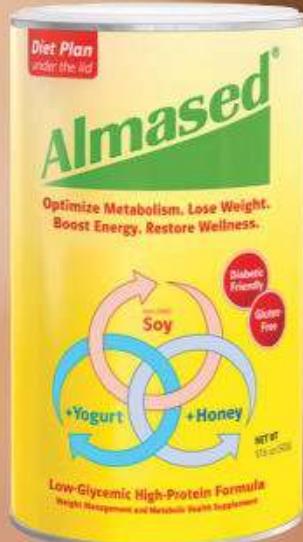
Vegetables and salad with lean meat or fish. (see recipe ideas online).

Visit www.almased.com/WD05F

or scan me to download your free diet guide with instructions for the bikini emergency plan.



New Flavor



For more information about Almased®, call toll-free **1-877-ALMASED (1-877-256-2733)** or visit www.almased.com.

Ask for Almased® from your nearby health food store or pharmacy.



We've teamed up
with good-news hub
Hope Rises to share
its most moving and
inspiring stories.

by Sara Gaynes Levy,
with additional reporting
by Kate Glaser

★

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with hope!*

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amazing humans,
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Instagram @hope
risesnetwork.

THE hope squad



She created her own rainbow.

Olivia Sexton RIDGEFIELD, WA

When Olivia, now 5, was just 21 months old, she was diagnosed with severe aplastic anemia, a rare form of bone marrow failure. By age 3, she needed a bone marrow transplant, which meant she would lose her hair. Her mother, Lori, offered to dye her hair a fun color as a way to say goodbye. "But every color I suggested, she said no," Lori says. "So finally I said, 'Well, what color do you want?'" Olivia confidently replied, "Rainbow!" "I should have known," says Lori. "Whenever you ask her her favorite color, she always says 'Rainbow.'" Olivia loved the sadly short-lived look, so early last year, as her hair began to grow back, she asked if she could do it again. "It was meant to be only a one-off thing," says Lori. "But seeing how much she loved it—and how truly happy and empowered it made her feel—I couldn't say no. She's already lost so much. I could never take this away from her." Olivia's hair has become a symbol of strength, hope, and resilience. "It's part of her identity now," says Lori.



SEXTON: LORI SEXTON (2), DEVEALT: RICK WARNE PHOTOGRAPHY (2)

Kaylin with her twin sister, Kristen



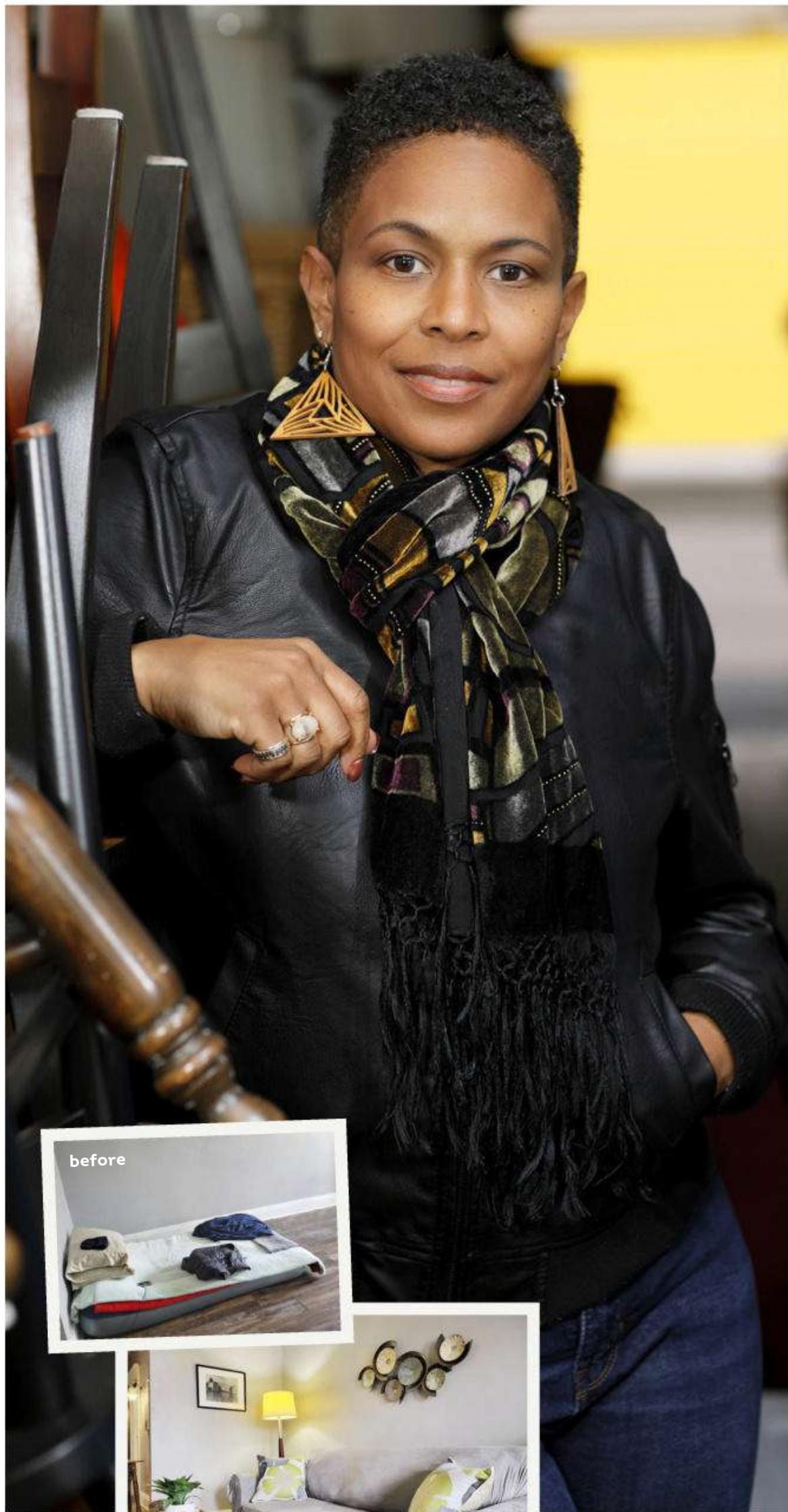
She walked down the aisle!

Kaylin Devealt BUFFALO

This bride had a big dream for her big day. When Kaylin got engaged in September of 2019, she was determined to walk down the aisle without her walker. Kaylin, who has cerebral palsy, had never taken many steps without it. But after a year and a half of physical therapy, she was ready to surprise her friends and family. "Learning how to coordinate balance and body movement was challenging," she says, "and I also needed to improve my self-confidence." As she trained, her sister was the only person she told about her plan. On the day of the ceremony in March 2021, she ditched her walker just before her sister walked her to join her future husband, Christopher. The entire crowd was shocked. "It felt indescribable. My friends and family witnessed a miracle," Kaylin says. Her success is proof, she says, that with faith and determination, anything is possible.



The happy couple



Her nonprofit transforms living spaces for those in need.

Dionne Williamson
BUFFALO

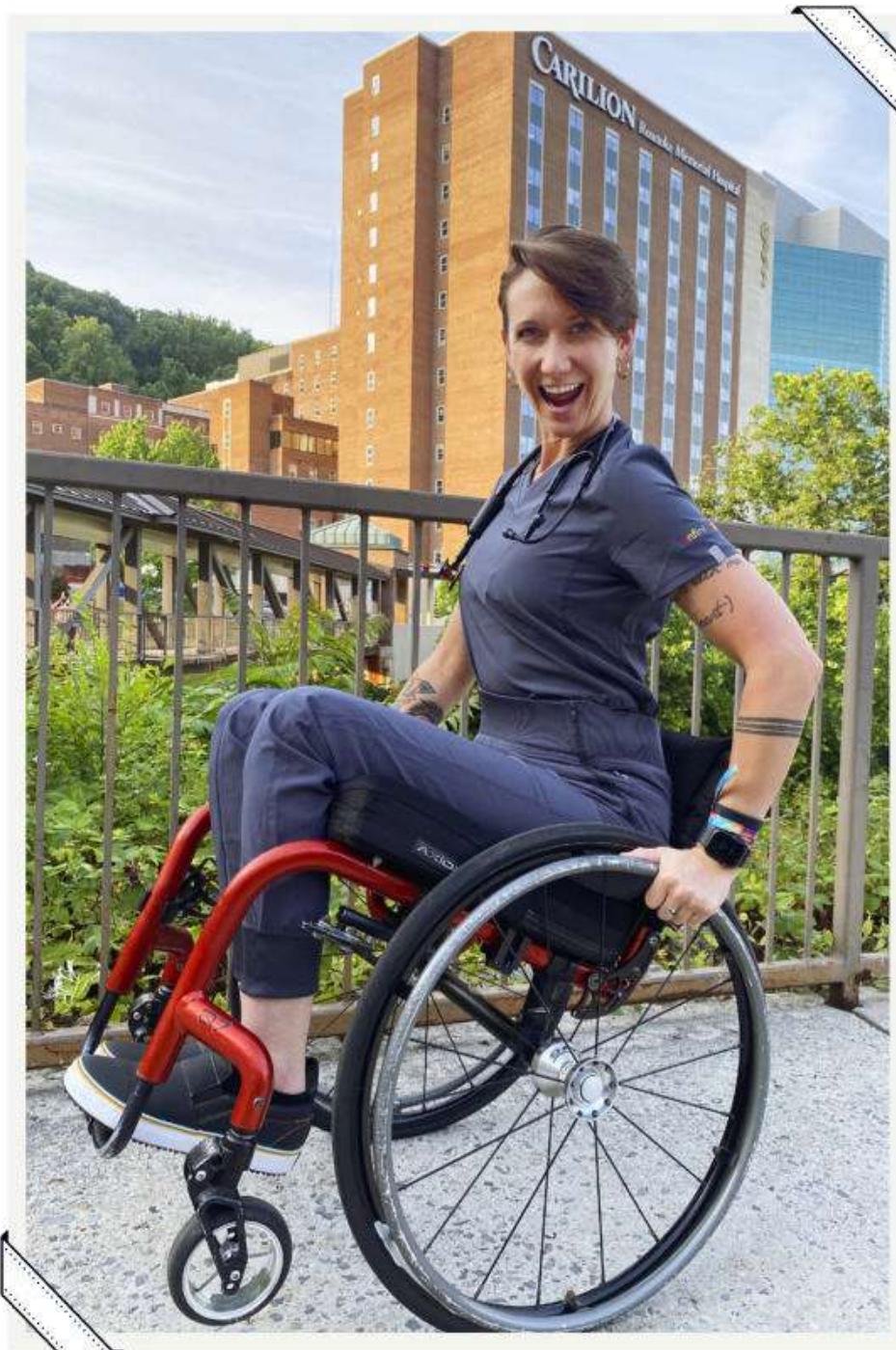
Interior design has always been Dionne's first love. She started her own business a few years ago, but, she says, "I knew the people I most wanted to help couldn't afford the services of a designer." Thus was the idea born for Upward Design for Life, a nonprofit whose mission is "to restore hope by turning empty spaces into homes for families in need," Dionne explains. She accepts gently used items (and financial donations) to furnish and transform housing for women and children who are domestic violence survivors, people getting out of foster care or homeless shelters, and veterans, just to name a few of the communities she serves. "When one of our recipients walks into a room that was once empty, they are overwhelmed with gratitude. Nothing can compare. What could be better than seeing their faces light up with joy? I am so honored to be serving our community in this special way," Dionne says.

Dionne and her team of volunteers designed this home for an individual who was referred by a local agency's COVID Rapid Rehousing program. All furnishings and accessories were donated.

She's paving the way as a "nurse on wheels."

Ryann Mason, ROANOKE, VA

A rare genetic disorder called Ehlers-Danlos syndrome causes Ryann's joints to dislocate easily. She began using a wheelchair about three years ago, after her dislocations and falls became more frequent—which also made it difficult for her to continue doing her beloved job as an ER nurse. But two years into a new desk job, she missed her old role, so she began applying for nursing positions again. She got “17 or 20 rejections,” which she felt certain was because of her wheelchair. Then an opening came up in the postpartum unit of a local hospital. The interview was on Zoom, and only after Ryann was offered the job did she realize that the supervisor didn’t know she was in a wheelchair. Ryann called back to tell her. “She laughed and said, ‘I don’t see a problem! You’re the perfect height to catch [newborns]!’” Ryann says. She started as her hospital’s first nurse on wheels—“at least that we know of!” she says. “It’s been really cool to meet patients and reverse stereotypes about how people with a disability look and act.”



This pet hero changed a veteran's life.

Amanda Yauch BUFFALO

After serving in the Navy from 1997 to 2005, stationed in Kosovo, Amanda returned home and found it “extremely hard to come back to civilian life.” She adds, “I was diagnosed with PTSD, and I needed help finding my way.” Three years ago, she got her German shepherd, Drachen, with the hope of turning him into that help: “He was the unwanted runt, but we just clicked.” Amanda started trying to train Drachen by herself, but “he was a wild child,” she says. That’s when she found Pawsitive for Heroes, a program that pays for service dog training for veterans in the Western New York area. (It’s also one of the organizations for which Hope Rises raises funds.) Drachen completed the training in February of 2022. “It was like flipping a switch—he is the perfect dog now,” Amanda says. “I have done a 180 with him. Before, I was a shut-in. Now, I can leave the house without being scared. He has given me so much hope for brighter days ahead.”

She makes dolls to show kids they're not alone.

Amy Jandrisevits

MILWAUKEE

As a pediatric oncology social worker with a hobby of sewing and making dolls, Amy was approached one day about seven years ago by a friend of a friend who had spotted a doll that looked just like her own daughter—except the daughter had had a leg amputated. The mom reached out to Amy asking if perhaps she could sew a doll with one leg amputated. “I thought, *Gosh, how easy would that be?*” says Amy. That’s how *A Doll Like Me* came to be. Almost immediately, Amy started getting more requests for dolls with limb differences. She didn’t want to charge these families, so *A Doll Like Me* (adolllikeme.com) became a nonprofit; donations to it fund dolls for children with physical differences all around the world. Amy loves that her dolls make the children who receive them feel seen. “I believe we all have a skill set, and mine happens to be using fabric and thread to change someone’s life and hopefully make it better,” she says.



Nicole, who passed away the day after this photo was taken, found comfort in her doll.



Sloan and her look-alike!

See more of Amy's wonderful creations on Instagram [@a_doll_like_me](https://www.instagram.com/a_doll_like_me).



SHE CREATED HOPE RISES!

Kate Glaser

BUFFALO

This mom of three began her career as a TV journalist before transitioning to the nonprofit world, but she wanted to keep telling stories.

“I used to cover hard news like crime, but now my goal is to find stories with hope and happiness,” she says. She founded Hope Rises in 2017 as a “good news blog” to share joyful stories, and it has since expanded to become a robust social media presence and a give-back program that has raised \$250,000 for folks in need. “It’s all about shining a light on ordinary people who are doing extraordinary things,” says Kate.



Is someone you know a Hope Rises hero? Nominate them at hoperisesnews.com.

They're changing what it means to be a family.

Sarah Grace Hallas and Enaka Enyong

NASHVILLE

Friends Sarah and Enaka moved in together just after the start of the pandemic, as Sarah was going through a tough divorce. A few months into their new life as roommates, Sarah got startling news: She was pregnant with her ex-husband's child—*six months* pregnant. Sarah braced herself for another loss, figuring there was no way Enaka would want to live with her *and* an infant. "I was scared," Enaka admits. "I knew it was going to be challenging, but we needed to take care of that baby. I was not gonna leave her by herself to raise him." True to her word, Enaka was a second parent to Sarah's son, Harv, from the moment he was born—she cut his umbilical cord! "Loving Harv has changed my life," Enaka says. "He has made me a better person." Last year, Sarah shared their story on social media, and it blew up. "People commented 'I want a friend like this' but also said 'I want to *be* a friend like this,'" says Sarah. Seeing that Enaka is a role model to so many—beyond her and Harv—fills Sarah's heart: "That was the biggest takeaway for me: You can start being that friend you want to have."



Harv with mom Sarah (right) and Enaka, whom he calls Auntie E.

WOMANSDAY.COM ★ SUMMER 2022 67



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let's eat

/ simple recipes



30 MIN. OR LESS

What's for dinner tonight?!

Easy meals for the whole family

MAKE AHEAD



Citrus-Marinated Steak Tacos

Recipe, page 108



table talk

Would you rather be an ant or an elephant, and why?



Mediterranean Chicken Bowls

Recipe, page 108



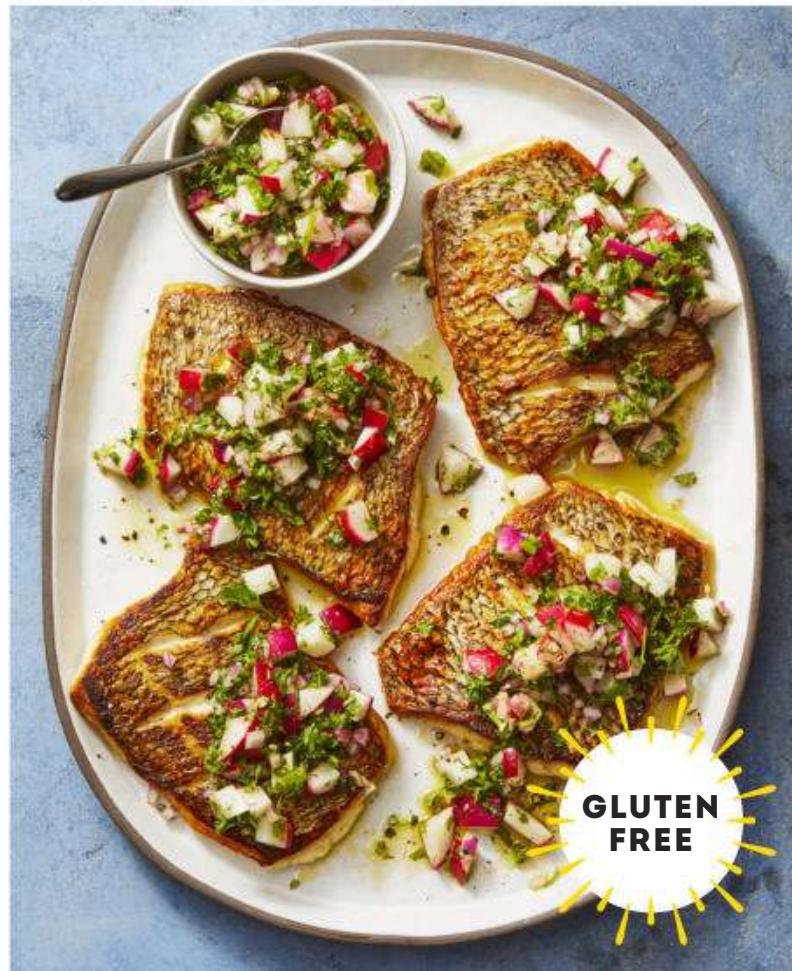
Fresh Herb Panzanella

Recipe, page 108



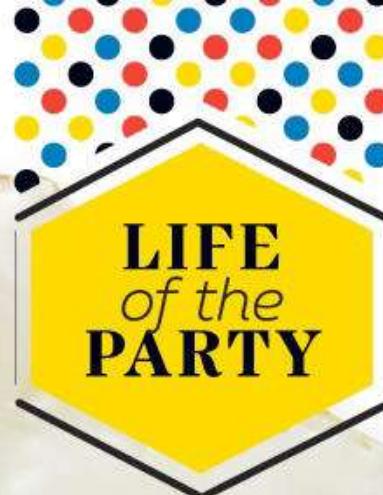
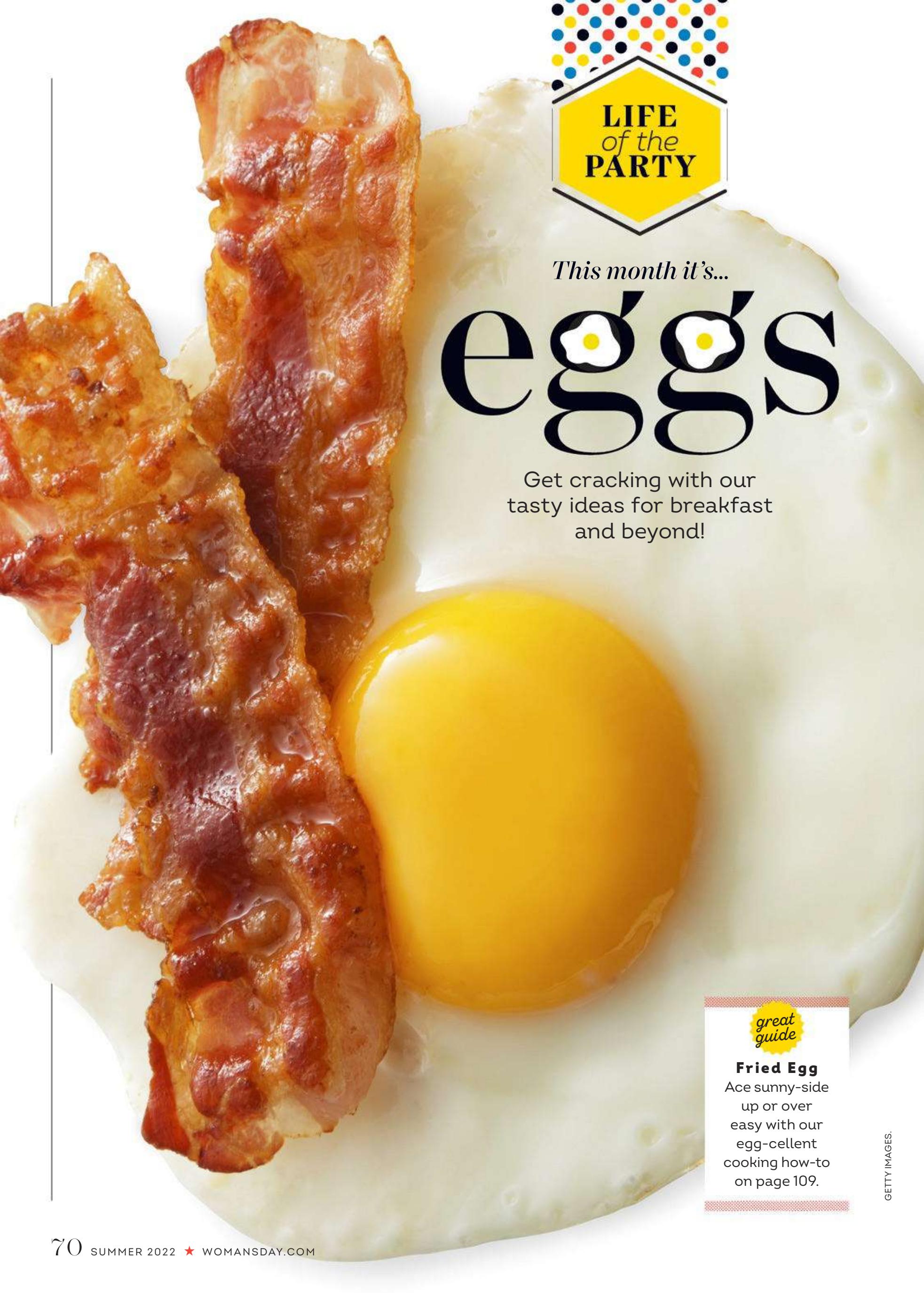
Pasta with Vodka Sauce

Recipe, page 108



Striped Bass with Radish Salsa Verde

Recipe, page 109



This month it's...

eggs

Get cracking with our
tasty ideas for breakfast
and beyond!

great
guide

Fried Egg

Ace sunny-side up or over easy with our egg-cellent cooking how-to on page 109.

GETTY IMAGES.



how
yum

Bibimbap

recipe, page 109

These Korean rice-and-veggie bowls are the best way to use up leftovers.

Hold on to
your yolks—
this recipe
is egg-stra!



color code

The hen's diet determines yolk shade. Deep orange means extra carotenoids (pigments found in some fruits and veggies).



best
brekkie

Smashed-Avocado Toast
recipe, page 109



— how to —

POACH AN EGG

Create a cloud-like shape in three simple steps.



PREP

Crack egg into bowl.
Transfer to mesh strainer; discard excess white.



COOK

Add to simmering water;
cook, undisturbed, 20 sec.
Continue cooking,
turning occasionally.



SERVE

Remove when white is just set. Serve immediately.

so
genius

**Scrambled
Eggs with
Chips and Salsa**

recipe, page 110



BREAKFAST BUDDY

Ceramic nonstick is more heavy-duty than traditional, with a slick surface that heats quickly and evenly.

**Oxo Professional Ceramic
Nonstick Frypan, \$60**
for 10-in., \$70 for 12-in.,
oxo.com

have a
crack at it

To ensure that your scramble is shell-free, whack the egg on a flat surface rather than the edge of a bowl, then pull it apart at the break.

that's
fancy

**Scrambled
Eggs with
Trout & Crème
Fraîche**

recipe, page 110

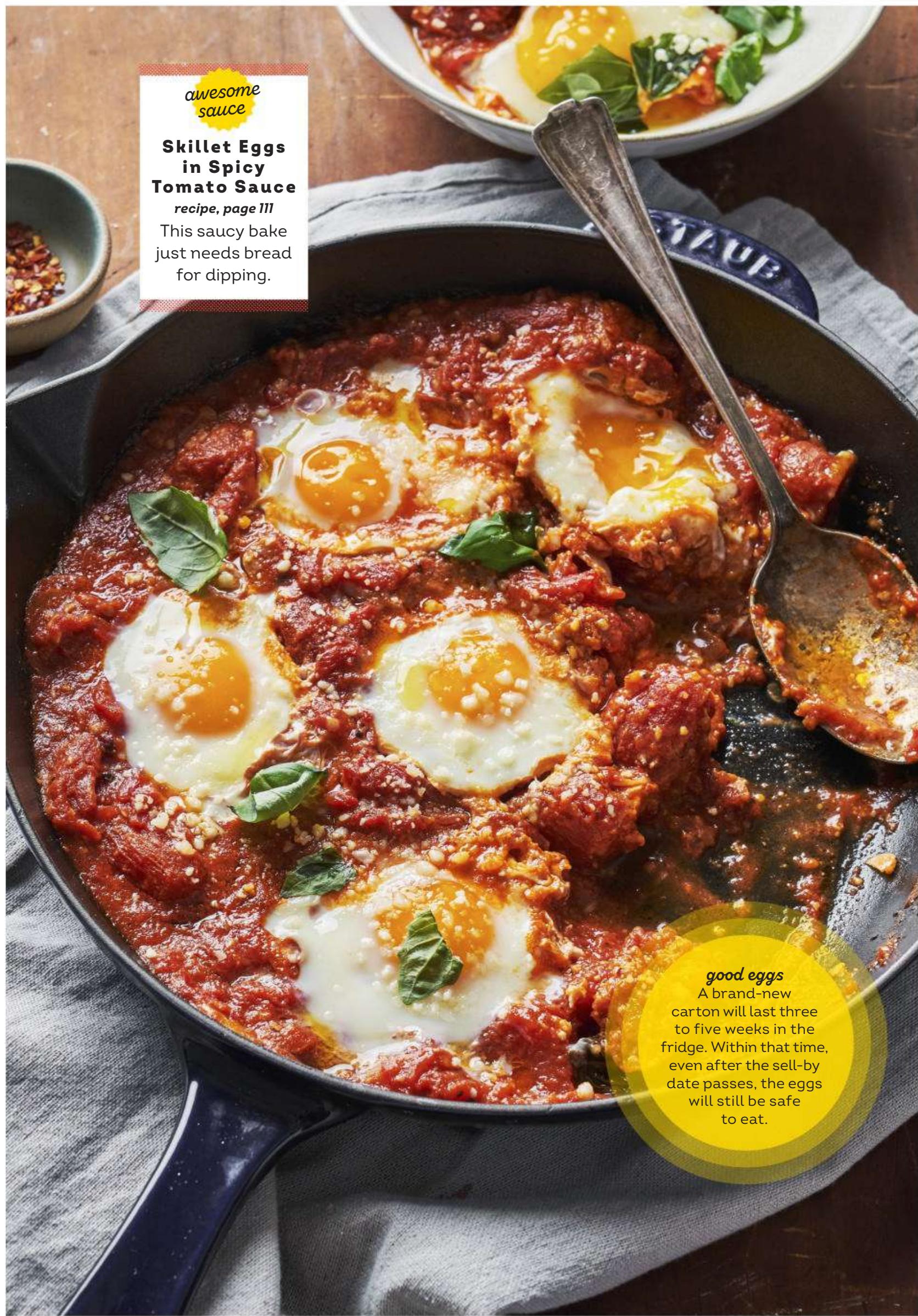


hearty
start

**Scrambled
Eggs with
Old Bay-
Spiced
Potatoes**

recipe, page 110





awesome
sauce

Skillet Eggs in Spicy Tomato Sauce

recipe, page 111

This saucy bake
just needs bread
for dipping.

good eggs

A brand-new
carton will last three
to five weeks in the
fridge. Within that time,
even after the sell-by
date passes, the eggs
will still be safe
to eat.

I'm so
egg-cited,
and I just
can't
hide it!



bowl
goals

Roasted-Veggie Bowl

recipe, page 110

Jostle boiled eggs
in the saucepan
to crack them, then
peel under cool
running water.



Didja know...

Egg size relates directly to the hen's age—
the older the hen, the bigger the egg!

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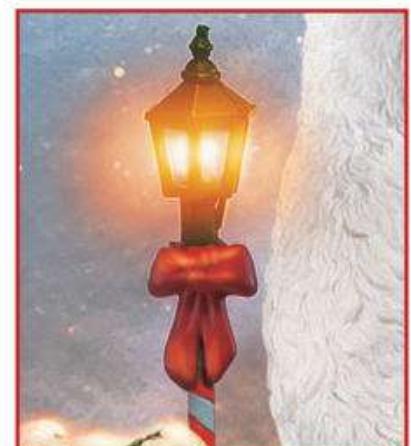
Just one of four exclusive
Rudolph's Christmas
Town figurines that's
included FREE!



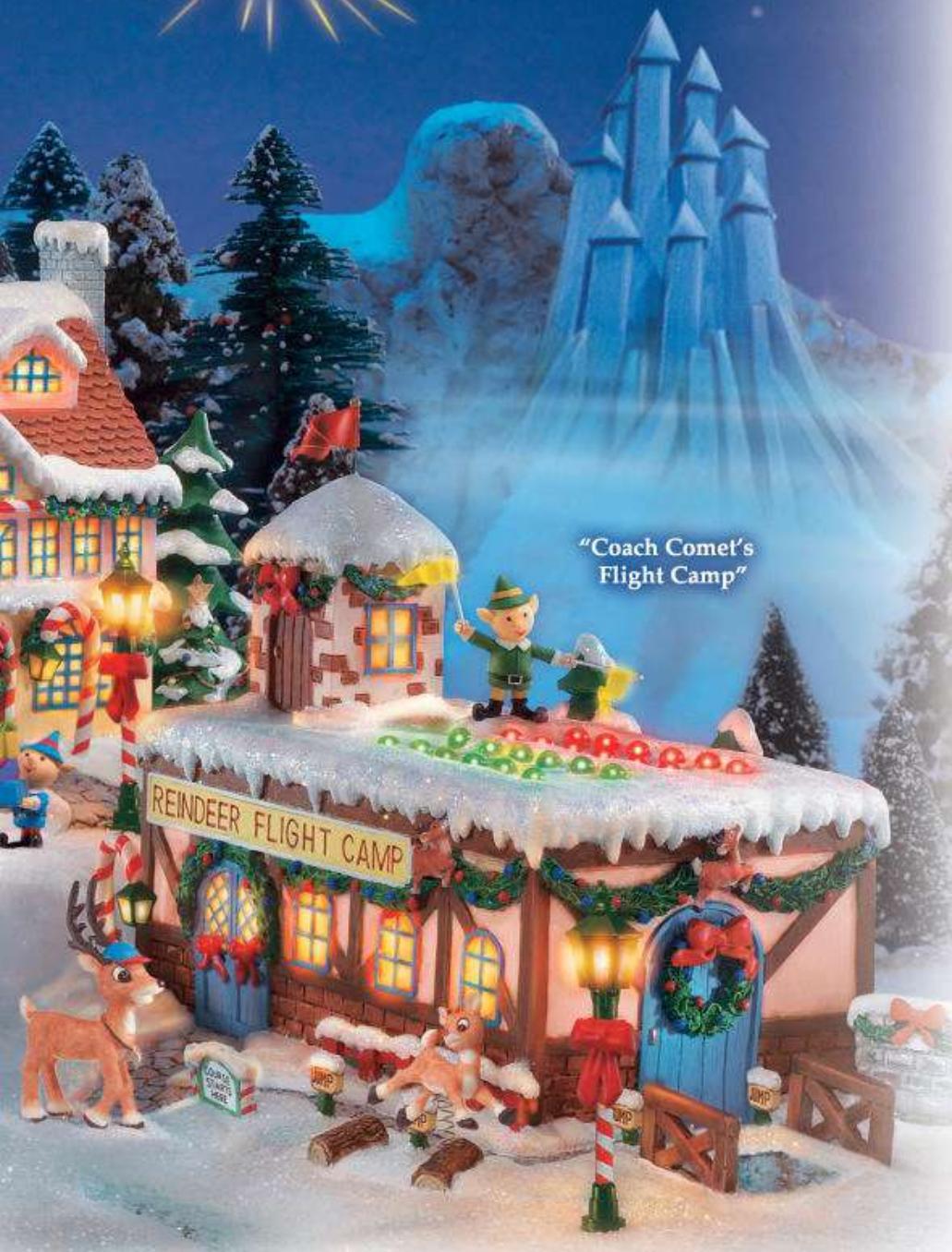
Masterful hand-crafting
and hand-painting
makes every detail
intriguing



Four collectible figurines of Rudolph® &
Clarice™, Santa & Mrs. Claus, Hermey™ and
Sam the Snowman™, and a 6-piece light
set—a \$60 value—are included FREE!



Village Lights Up!



"Santa and Mrs. Claus' Castle" measures 8 3/4" high and includes FREE "Rudolph" & Clarice" figurine.

Fine collectible.
Not intended for
children under 14.



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Please allow 4-8 weeks after initial payment for shipment.
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Do you recall ... the most wonderful Christmas special of all? For millions of families, it's the beloved television classic *Rudolph the Red-Nosed Reindeer*®. For over 50 years, this timeless, heartwarming story of adorable misfits has captured our hearts and imaginations while inspiring us to follow our dreams.

Relive the cherished memories of a holiday classic with *Rudolph's Christmas Town*.

All your beloved friends from the classic television special *Rudolph the Red-Nosed Reindeer* are here in *Rudolph's Christmas Town* collection ... a Hawthorne Collectible first! Your holidays will shine even brighter with the delightful Rudolph® and Clarice®, Santa and Mrs. Claus, the lovable Hermey®, Bumble® and more. Each sculpture is meticulously hand-cast and lovingly hand-painted to enhance every rich detail. Lavished with special features like the brilliantly illuminated Watch Tower light and festive green and red lit Flight Camp roof, your village is an heirloom-quality work of art to treasure now and all your Christmases to come.

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This delightful holiday sculpture and FREE figurine can be yours for three easy payments of \$23.33 each*, the first payment billed before shipment. Subsequent issues—each billed separately at the same low price—and the FREE accessories will be shipped about every other month. Your second issue will be the illuminated "Coach Comet's Flight Camp" with FREE "Santa & Mrs. Claus" figurine. You may cancel at any time and our best-in-the-business 365-day guarantee assures your satisfaction.

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Where Passion Becomes Art

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

Email (optional)

917904-E93206

that's
my jam

**Jammy Egg
Toasts**
recipe, page 111

This tasty type of egg falls somewhere between runny and medium-cooked.

sink or swim?

To test an egg's freshness, drop it into a bowl of water.

A newer egg will sink, while an older one will float to the top.

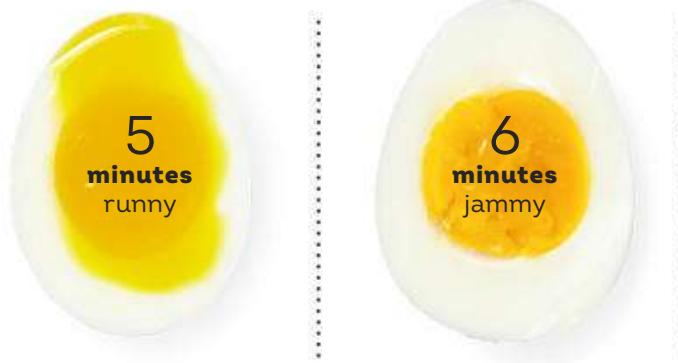


— *how to make* —

THE PERFECT BOILED EGG

Master our foolproof method to avoid those green lines forever.

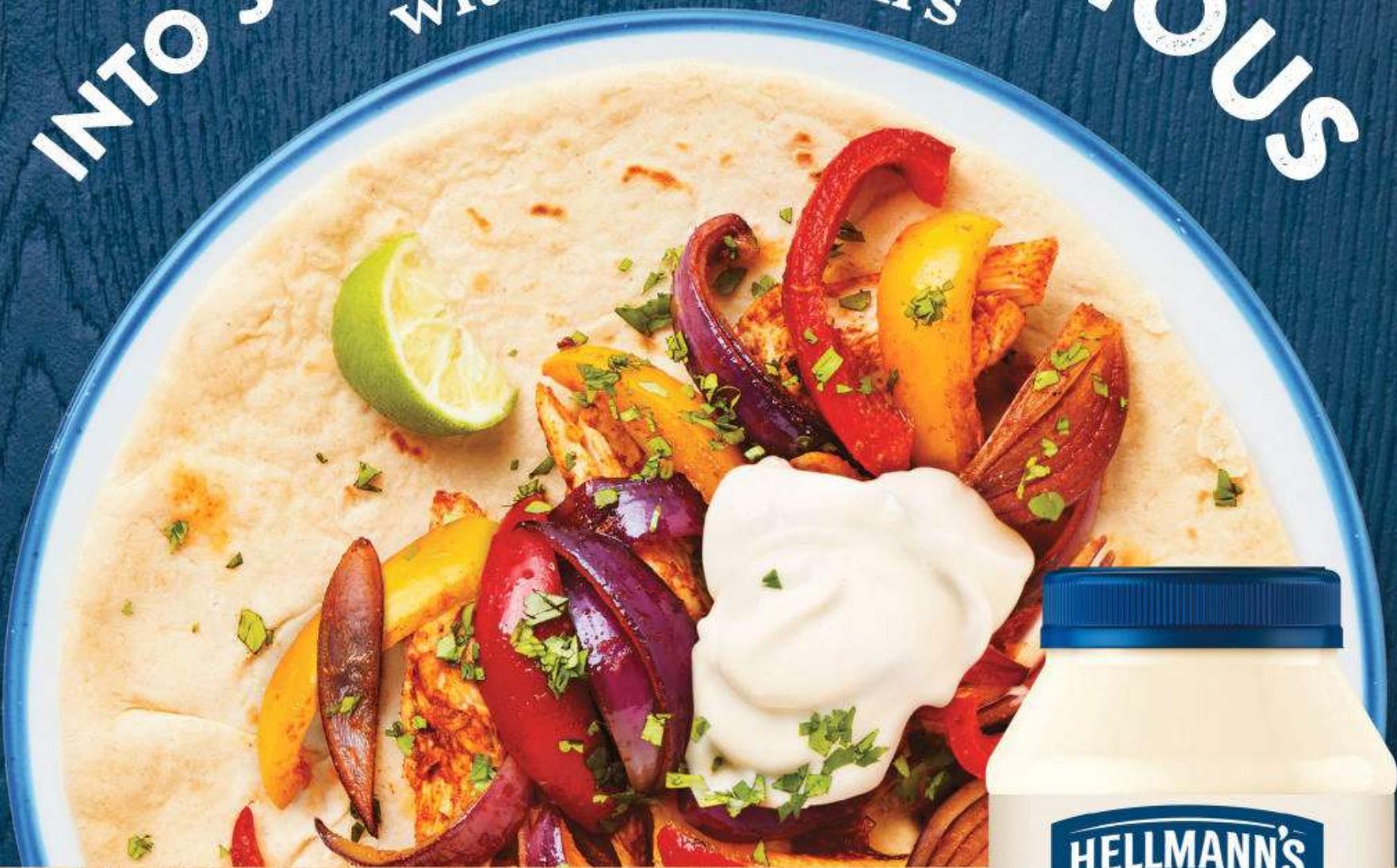
Start here: Bring a pot of water to a boil and fill a bowl with ice water. Reduce the water to a rapid simmer and, using a slotted spoon, gently lower eggs into the water. Cook to desired doneness. Immediately transfer eggs to ice water to stop cooking; drain and peel.



TURN WHAT YOU HAVE



INTO SOMETHING DELICIOUS
with Hellmann's



MAKE TASTE, NOT WASTE.



WE'RE ON THE SIDE OF FOOD





how sweet

Tropical Eton Mess

recipe, page 111

This traditional English treat is made of fruit, meringue, and whipped cream.

— *make it* —

MERINGUE MAGIC

Try out these airy bites made of whipped egg whites and sugar.



Use an electric mixer to beat egg whites and salt until stiff. Peaks should hold their shape when the beaters are lifted.



Add cream of tartar (which helps stabilize the egg whites), then gradually add sugar and whip until peaks are stiff and glossy.



Pipe meringue onto prepared baking sheets and cook in a 200°F oven until no longer tacky but still soft, 60 to 65 min.

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30g

PROTEIN

1g

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[†] Survey among 1038 consumers 50+; those who drank 1 Ensure Max Protein shake per day for 14 days and reported feeling more energy vs control group. Ensure Max Protein has 150 calories, 30g protein, and 8 B vitamins for energy metabolism.

* 90% less sugar than Ensure® Original. Ensure Original 8 fl oz = 10g sugar vs Ensure Max Protein 11 fl oz = 1g sugar.

† Vitamins C and E.

§ Contains 100 mg caffeine.

Use as part of a healthy diet.

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**BUTTERMILK
FRIED CHICKEN**
recipe, page 84

Feast of **FRIED CHICKEN**

A white plate filled with golden-brown buttermilk fried chicken wings. The wings are garnished with sprigs of fresh thyme. The plate is set against a background of blue and white horizontal stripes.

Quin Liburd of the blog *Butter Be Ready* shares her most scrumptious recipes in honor of National Fried Chicken Day.

photographed by Quin Liburd



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@butterbeready
butterbeready.com

It's no surprise that the dish has its own day: Juicy chicken with a crunchy golden crust is always a crowd-pleaser. If you haven't made it at home yet, allow Quin to be your guide. The self-described introvert loves to spend time in the kitchen adjusting new recipes for her readers 'til they're top-notch and guaranteed to satisfy. But her food is about

much more than butter-fortified flavor: "I come from a West Indian and Caribbean background, where food and family are at the center of everything. So much goodness can be fostered over a warm plate with meaningful conversations," she says. Try out Quin's menu next time you're expecting guests, because her recipes are meant to be shared.

"Food is a way to get to know someone different from you, and for sure a way to show love."

-Quin



Buttermilk Fried Chicken

ACTIVE 1 HR. • TOTAL 1 HR.
PLUS CHILLING AND MARINATING
SERVES 4 TO 6

Poultry Brine

- 1/4 cup sugar
- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 2 tsp freshly ground black pepper
- 3 bay leaves
- Kosher salt
- 8 bone-in chicken pieces (breasts, thighs, wings, and/or drumsticks)

Buttermilk Soak

- 4 cups buttermilk (preferably whole)
- 1 tsp garlic powder
- 1 tsp hot sauce
- 1/2 tsp smoked paprika
- Kosher salt and pepper
- Peanut oil or vegetable oil (1 to 2 qts), for frying

Seasoned Flour Dredge

- 3 cups all-purpose flour
- 1 1/2 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 tsp smoked paprika
- 1 tsp ground white pepper
- Kosher salt and pepper

"This staple has rich ties to the Deep South, and any Black cook's repertoire will likely include it. When it's done right, there is truly nothing like it!"

- 1 Make Poultry Brine: In large stockpot or Dutch oven, combine 2 qts water with sugar, onion powder, garlic powder, pepper, bay leaves, and 1/3 cup kosher salt and bring to a boil. Reduce heat and simmer 10 min. Add 1 qt very cold water to pot and refrigerate until completely cooled, at least 2 hr.
- 2 Stir brine, then add chicken pieces and refrigerate at least 6 hr. and up to overnight.
- 3 Make Buttermilk Soak: In large bowl, whisk together buttermilk, garlic powder, hot sauce, paprika, and 1 tsp each salt and pepper. Drain chicken pieces and transfer to buttermilk soak, turning to fully coat. Cover and refrigerate at least 6 hr.
- 4 When ready to fry, drain chicken and discard buttermilk soak.
- 5 Attach deep-fry thermometer to large Dutch oven, add enough oil to reach 3 in. deep, and heat to 325°F.
- 6 While oil is heating, prepare Seasoned Flour Dredge: In large, shallow bowl, whisk together flour, onion powder, garlic powder, paprika, white pepper, 1 1/2 Tbsp salt, and 1 tsp black pepper.
- 7 Fit 2 baking sheets with wire racks. Coat each piece of chicken well with seasoned flour, shaking off any excess, and transfer to rack on 1 prepared sheet.
- 8 Working in batches, a couple of pieces at a time, fry chicken, turning carefully with tongs, until golden brown and cooked through (165°F), 8 to 15 min. depending on piece. Transfer to clean wire rack on remaining prepared sheet. Repeat with remaining chicken, adjusting heat to maintain oil temp between 300°F and 325°F. Serve warm.



July 6 is
National
Fried
Chicken
Day!



Strawberry Lemonade

ACTIVE 15 MIN. • TOTAL 15 MIN.
PLUS COOLING • MAKES 6 CUPS
LEMONADE BASE

1½ cups sugar
10 to 14 lemons, plus
 lemon slices for serving
10 to 12 oz strawberries
 (2½ cups), hulled and halved,
 plus more for serving
 Ice

- 1 Make simple syrup: In small saucepan, combine sugar and 1½ cups water and bring to a simmer, stirring occasionally, until sugar has dissolved. Set aside and let cool.
- 2 Meanwhile, juice enough lemons to get 2 cups juice.
- 3 To blender, add strawberries, lemon juice, and simple syrup and blend until smooth.
- 4 Pour lemonade base into pitcher and add cold water to taste.
- 5 Serve over ice, with lemon slices and strawberries if desired.

Buttermilk Skillet Cornbread

ACTIVE 20 MIN. • TOTAL 40 MIN.
SERVES 8 TO 10

1 cup yellow cornmeal
1 cup all-purpose flour
½ cup packed light brown sugar
4 tsp baking powder
2 tsp kosher salt
½ tsp baking soda
1½ cups buttermilk (preferably whole)
2 large eggs
2 Tbsp honey
½ cup (1 stick) plus 2 Tbsp unsalted butter, melted and divided, plus more for serving

- 1 Place medium cast-iron skillet in oven and heat oven to 425°F.
- 2 In large bowl, whisk together cornmeal, flour, brown sugar, baking powder, salt, and baking soda.
- 3 In second bowl, whisk together buttermilk, eggs, and honey until well blended.



- 4 Using rubber spatula, fold buttermilk mixture into cornmeal mixture until just combined; do not overmix.
- 5 Fold ½ cup melted butter into batter until just combined.
- 6 Carefully remove skillet from oven and, using pastry brush, brush remaining 2 Tbsp butter all over bottom and side. Pour batter into skillet and use offset spatula to smooth top.
- 7 Bake cornbread until golden brown and set, 20 to 25 min. Serve warm, topped with additional butter if desired.

best vessel

Quin loves making this sweet-salty bread in a cast-iron skillet for buttery, crisp edges, but you can also bake the recipe in a muffin tin or an 8-in. square pan.



It's

NATIONAL CHEESE DAY



*everybody
say*



Super- Cheesy Baked Ziti

recipe, page 112



From smooth and creamy to ultra-stretchy, we're celebrating cheese in all its gooey glory.

DANIELLE DALY. FOOD STYLING: BARRETT WASHBURN. PROP STYLING: PAIGE HICKS.



melt magic

Softer cheeses like American, mozzarella, and fontina provide the stretchiest strands, while hard aged options like Parmesan deliver on flavor.



Sheet Pan Chicken Parmesan

recipe, page 112

White Bean, Shrimp, and Feta Bake

recipe, page 112

buy in block

Opt for feta that is whole in brine rather than crumbled. It tends to have a tangier, creamier taste, while premade pieces can be bland and dry.





Cheesy Monkey Bread

recipe, page 114



saucy sidekick

An acidic dip like marinara balances the rich bread.



Didja know...

In 1840, Queen Victoria was sent a 1,000-lb wheel of cheese as a wedding gift. It was made from the milk of 750 cows!



CHEESE'S PERFECT PARTNER

We're talking wine, of course! Here, the top glasses to taste:



BLUE CHEESE

Funky marbled wedges call for a sweeter wine like moscato or port. Skip dessert and savor this combo instead!

Warre's Otima 10 Year Old Tawny Port, \$34, warre.com



better together

Rule of thumb when pairing wine and cheese: Choose options with equal intensity so neither flavor will overwhelm.



SEMI-FIRM CHEESE

Pair nutty milder picks like Gouda and Gruyère with the berry notes of a medium-bodied pinot noir.

Cloudline Pinot Noir, \$21, dreyfusashby.com



SOFT CHEESE

Creamy Brie and Camembert (among other spreadable options) demand something bubbly to cut through their richness. Try them with sparkling wine.

Chandon Brut, \$19, chandon.com



FRESH CHEESE

Seek a bottle of sauvignon blanc (we love Sancerre) to go with earthy goat cheese or tangy feta—it's bright, citrusy acidity will help bring out underlying flavors.

Auguste Bonhomme La Forcine Sancerre 2020, \$22, wine-searcher.com



HARD CHEESE

Aged favorites like Parm need a bold wine (think cabernet sauvignon) to stand up to similarly forward flavors.

H3 Cabernet Sauvignon, \$14, h3wines.com





Three-Cheese Fondu

recipe, page 112



fondue feast

Set out veggies and bread for dipping and call it dinner!



Tex-Mex Tortilla
Casserole

recipe, page 115



superb herbs
Swap in sliced basil for thyme in this summery app.



Roasted Strawberries and Brie

recipe, page 113

Hello? I'm Swiss, is it Brie you're looking for?



how to make BAKED BRIE IN PUFF PASTRY

What's better than
melty cheese
hot from the oven?

1



Roll pastry into 11-in. square. Place Brie in center and top with preserves.

2



Brush with beaten egg. Fold 1 corner over, then continue to create pleats.

3



Brush top with beaten egg. Bake at 425°F until pastry is golden brown.

JUNE 4 IS
National
Cheese
Day



switch it up GRILLED CHEESE 4 WAYS

Create a classic or level up your fillings for a stunning sammie.

the original

- + CLASSIC AMERICAN CHEESE

spicy sausage

- + WHOLE-GRAIN MUSTARD
- + SEARED SLICED ANDOUILLE SAUSAGE
- + SLICED CORNICHONS
- + GRUYÈRE

jalapeño popper

- + SOFTENED CREAM CHEESE
- + CHOPPED BROILED JALAPEÑOS
- + FINELY CHOPPED SCALLIONS
- + LEMON ZEST
- + EXTRA-SHARP CHEDDAR

sweet 'n' tangy

- + MANGO CHUTNEY
- + ROASTED RED ONION TOSSED WITH LIME JUICE
- + Muenster CHEESE

GRILLED CHEESE: MIKE GARTEN. CHEESECAKE: STEVE BAXTER.

Didja know...

The world's most expensive grilled cheese—made with white truffle butter and a rare type of cheese—is \$214 at Serendipity 3 in New York City.





Blackberry Cheesecake

recipe, page 115



smooth operator

To help prevent cracks on top, avoid overcooking. It's done when the center is a little wobbly and the edges are slightly puffed.



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Sunny day smarts

When temps rise, so does your chance of heart trouble if you're at risk. Suddenly your body has to work harder to maintain its core temp, which can strain the heart and up your risk of heat-related illness. And becoming dehydrated because of excessive sweating or not drinking enough (plus, diuretics are often used as blood pressure meds, making adequate hydration even more challenging) can cause your blood pressure to drop and your heart to beat faster. Here, three biggies for staying heart-healthy in the heat.

KNOW RED FLAGS

Heat exhaustion: Look for headache; cool, moist skin; dizziness; nausea; or vomiting. If signs of heatstroke appear (fever above 104°F; irrationality or confusion; dry, hot, red skin; rapid, shallow breathing; quick, weak pulse; seizure; or fainting), call 911.

PLAN YOUR TIME

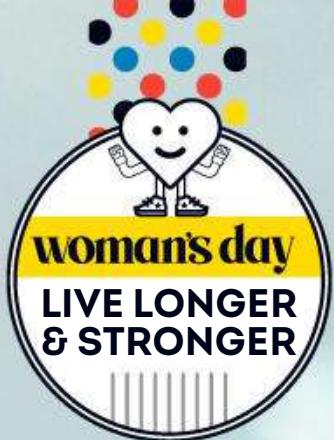
Be active earlier in the day or later in the afternoon, when temperatures tend to be lower. If you have to be outdoors when it's hottest, be mindful of how hard you exert yourself and make sure to seek out shade.

HYDRATE!

Any time you spend more than a few minutes outside on a hot summer day, be sure to have plenty of fluids at hand—and remember to drink them. Eating high-water-content foods counts as hydrating too—most summer produce fits the bill.

Didja know...

Cooling down can help keep your heart safer. Try Arctic Cool's Instant Cooling Headband, which is activated by sweat or water. (arcticcool.com)



child's play

Skipping rope is a great workout: It zaps up to eight calories per minute, and because it's weight-bearing, it increases bone density.

HAVE FUN, get fit!

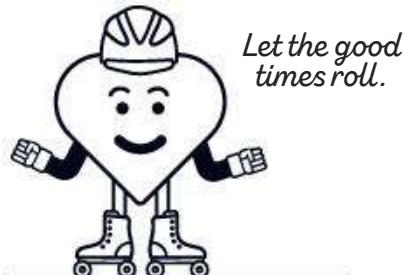
Exercise is one of the biggest keys to a healthy heart—but it doesn't have to mean a slog on the treadmill or countless crunches. Here's how to get moving and have a blast while doing it!

by Alyssa Jung



★ Jump on this trend!

Trampoline workouts are all the rage, and for good reason: They're super fun, which makes you *want* to work out, and they have tons of healthy body benefits. "They're low-impact, so they're kind to your bones and joints, and they strengthen cardiovascular health," says Latreal Mitchell, a personal trainer and the founder of Fitness Bunch Foundation. Make the trampoline work for you: Think of exercises you can do in 30-, 45-, or 60-second intervals. For instance, do high knees for 30 seconds, then rest for 30, or jog in place for 60 seconds, then rest for 60. Add light dumbbells or jabs and punches to target your upper body. No backyard trampoline? You can buy a small one for inside the house or bounce to a trampoline park!



★ Snag some wheels

Upgrade your own two feet by roller-skating, biking, or scootering. They're all great ways to have fun, push your body further, and target different muscles in different ways. Don't forget to wear a helmet, and there's no shame in donning kneepads or wrist pads for extra protection!



VOLUME UP!

This portable speaker is pretty and powerful—plus, it's waterproof!

JBL Charge 5,
\$180, jbl.com



★ DJ your own workout class

One of the best parts of any workout class—whether it's through your laptop screen or at your local gym—is the music! Recreate the sweaty fun by hitting "play" on your favorite pump-it-up playlist and creating your own high-intensity interval training (HIIT) circuit to match. Choose three moves to form a set (squats, lunges, push-ups...the choice is yours!) and commit to doing 20 of each, without resting in between. "See how many rounds of your HIIT circuit you can complete before the song is over. For each new song, choose another three exercises and repeat," Mitchell says.

★ Explore your gym

If you've returned to the gym, make it your mission to try machines and equipment you haven't used before. "Training your muscles in a variety of ways keeps things interesting, helps you avoid pesky plateaus, and supports a sharp mind," says Teddy Savage, head of health and fitness excellence at Planet Fitness. Most public gyms have staff or trainers who can help you figure things out safely. Not sure where to start? See if your gym offers three of Savage's must-tries: **TRX Suspension Training** (you use straps to work on strength, agility, mobility, and stretching); **Swiss Ball Training** (great for targeting your core and building lower-body strength); and **Bosu Ball Training** (fantastic for balance and stability).



SURPRISE! bonus exercise

These everyday actions aren't a replacement for an actual workout, but they do count as extra credit. They work your muscles and get your blood pumping to contribute to a healthier, stronger, happier you!



Cleaning

"Do the 'mop and squat.' Switch arms while cleaning the bathtub and sinks. Set a step goal and putter around the house until it's met," Mitchell says.



Grocery shopping

"Park your car far away from the entrance, and use a shopping basket instead of a grocery cart," says Scott Elliott, a personal trainer and founder of Kool Body Fitness (koolbody.com). "You'll get an arm and shoulder workout!"



Washing the car

Next time you suds up and rinse off the family wheels, says Mitchell, notice how out of breath you are—all that scrubbing gives your whole body a serious workout.



listen + launder

Turn chore time into chill time: Cue up a relaxing podcast or audiobook and escape for a few minutes. Making time to stress less is good for your heart.



Doing laundry

"It's about much more than just washing and folding! Bending, lifting, and everything else you do while getting the laundry done are compound movements that engage multiple muscle groups at the same time," says Savage.



Being a parent

"Chasing the little ones around, playing backyard games, or even pushing them on the swing set increases your heart rate and supports joint mobility," says Savage. "Flex those mom muscles!"



Don't forget to drink up! Hydration helps the heart pump blood, which supports fitness endurance.



Sitting up straight

Try to focus on being upright instead of slouching whenever you're seated, whether that's in the car, at your desk, or at the dinner table. "It might be uncomfortable at first, but you'll get used to it," says Elliott. It engages your core and supports good posture.



Working on the yard

"This can be a great way to strengthen your muscles and bones. Whether you're digging in the garden or pushing the mower across your lawn, it all helps target your core and lower back, and it can even help improve posture by engaging your posterior chain muscle group—calves, hamstrings, glutes, and lower back," Savage says.

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June is National Adopt a Cat Month and the perfect opportunity to bring a new cat into your home. Indulge your furry loved one with **Fresh Step® Outstretch™**, litter that lasts 50% longer so you can change it less often* and keep your cat's litter box clean and smelling fresh. Spend less time changing out* the litter box and enjoy more quality time bonding with your new feline family member.



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This National Adopt a Cat Month, spend less time cleaning the litter box and more time making your new cat feel at home. Fresh Step® Outstretch™ lasts 50% longer so you can enjoy more time playing and less time cleaning. Give your new furry friend the warmest welcome home with all your time, cuddles, and attention.



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No more messy litter box and constant cleanup! With Fresh Step® Outstretch™ you'll change the litter box* less often and cleanup becomes a breeze. With microgranules that absorb 50% more,* Fresh Step® Outstretch™ creates small and tight clumps that crumble less and makes scooping easy.*

STEP® OUTSTRETCH™

Adopt a Cat Month

This National Adopt a Cat Month, say goodbye to constantly changing the litter box and hello to more time with your new cat.

Try Fresh Step® Outstretch™ and discover litter that lasts 50 percent longer so you can change the litter box less often.* It's a purrfect way to carve out more bonding time with your new furry friend.

TO LEARN MORE, VISIT FRESHSTEP.COM.



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Cats take comfort in a clean and fresh environment. This National Adopt a Cat Month, treat your new cat to a litter with superior odor control. With 6X the activated carbon,* Fresh Step® Outstretch™ keeps the litter box clean and smelling fresh and helps create a more welcoming experience for your cat.



Ready to Adopt a Cat This Month? Here's Your Adoption Checklist!



PICK YOUR VETERINARIAN AHEAD OF TIME

Before you've found your perfect cat match, you'll want to figure out who your care team will be once you've proceeded with the adoption. Try to schedule their first exam a few days after you've adopted, and make sure to take any medical records you received from the adoption center on their first visit.

STOCK UP ON CAT SUPPLIES

Get your place ready for your new cat's arrival by stocking up on some must-have goods. Some of the most important items needed to equip your space are: a new litter box, Fresh Step® Outstretch™ litter, food and water bowls, scratching posts, stimulating toys, a plush bed, a brush for grooming, and nail clippers.

HELP YOUR CAT RELAX IN THEIR NEW HOME

Help your cat transition into their new home by giving them a dedicated area to relax in and adjust to their surroundings. Don't fret if your cat is shy and takes a few days to get attuned—just be sure to get daily playtime in with them so you can continue forming that special bond with your new loved one.

**LITTER THAT LASTS 50% LONGER:
SO YOU CAN CHANGE IT
LESS OFTEN.**

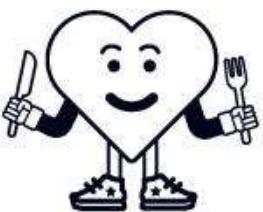
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Now I'm
ready for
brunchin' and
munchin'!



HACK YOUR MOTIVATION

We all have those days when working out is the last thing we feel like doing, and when that mood hits, we're officially giving you permission to bribe yourself. Yes, it's perfectly OK to enjoy a reward after exercising! "Find a friend and create a challenge. Compete to see who can do the most steps or fit in a workout the most days that week. Whoever 'wins' has to buy brunch—or whatever prize you decide is fair!" Mitchell says.

This month's

HEALTH CHECKLIST

Five little wellness moves to make right now

CHECK HERE		TO DO
	<p>Do this exercise to improve zzz's</p> <p>Inactive people who began doing 60 minutes of resistance-based workouts three times a week for a year increased their sleep quality, while people who only performed aerobic exercises did not, according to a recent study.</p>	<p>If you're not a fan of weights, check out resistance bands.</p>
	<p>Watch those sugary sodas!</p> <p>Yet another reason to cut back on sugary drinks: Adults who follow a high-fat diet and also drink beverages sweetened with fructose have a higher risk of developing nonalcoholic fatty liver disease. This condition occurs when excess fat builds up in the liver—and one in four people suffers from it.</p>	<p>Swap out soda for delicious sugar-free flavored seltzer.</p>
	<p>Cuddle with a pet </p> <p>Past research has shown that caring for a pet can lower stress and blood pressure, but new data suggests that it may also slow cognitive decline. Researchers think the brain boost might be due to lower stress or increased activity.</p>	<p>If you don't have a pet, support your brain by laughing with friends.</p>
	<p>Stay active to prevent strokes</p> <p>Tempting as it may be, resist sinking into the couch after work. Among adults 60 and younger with low activity levels, those who spend eight or more hours a day sitting (not counting the workday) have four times the stroke risk of folks who do so for less than four hours of daily leisure time.</p>	<p>Tune into an engaging podcast like The Moth and go for a walk after dinner.</p>
	<p>Know the risks of vaping </p> <p>People who vape may not have the smoky breath we associate with traditional cigarettes, but new research shows that they have more bacteria in their mouths that are affiliated with gum disease and signs of an altered immune response.</p>	<p>To talk to someone about quitting, call 800-QUIT-NOW.</p>



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recipes



prep step

Quin suggests making the sauce and slaw in advance to avoid extra effort when assembling your sammie. Just fry the chicken and eat!

Honey-Chipotle Fried Chicken Sandwich
recipe, opposite

Honey-Chipotle Fried Chicken Sandwich

ACTIVE 1 HR. 5 MIN.
TOTAL 1 HR. 5 MIN.
PLUS MARINATING. **SERVES 4**

For chicken

- 1½ tsp garlic powder, divided
- Kosher salt
- 1 tsp ground white pepper, divided
- 1 tsp onion powder, divided
- 1 tsp smoked paprika, divided
- 4 boneless, skinless chicken thighs
- 1 cup buttermilk (preferably whole)
- 2 Tbsp dill pickle juice (optional)
- 1 cup all-purpose flour
- Peanut oil or vegetable oil (1 to 2 qts), for frying

For honey-chipotle sauce

- 1 7.5-oz can chipotle peppers in adobo sauce
- ½ cup pure honey
- ¼ cup light or dark packed brown sugar
- ¼ cup reduced-sodium soy sauce

For Cajun lemon-dill aioli slaw

- ½ cup full-fat mayonnaise
- Zest and juice of 1 small lemon
- 2 Tbsp freshly chopped dill
- 1 clove garlic, grated
- 1 tsp Cajun seasoning, plus more to taste
- ¼ tsp red pepper flakes (optional)
- 2 heaping cups (8 oz) store-bought tricolor coleslaw mix

For sandwiches

- 4 brioche or potato buns, halved and lightly toasted
- Dill pickle chips, for serving

1 Make chicken: In small bowl, combine 1 tsp each garlic powder and salt and ½ tsp each white pepper, onion powder, and smoked paprika. Pat chicken dry with paper towels and season with spice mixture. **2** In large bowl, whisk together buttermilk and pickle juice, if using. Add chicken and toss to combine, making sure chicken is fully coated. Cover and

refrigerate at least 3 hr. or up to overnight.

3 While chicken is marinating, make honey-chipotle sauce: Place all ingredients in food processor or blender and puree. Transfer to bowl and cover until ready to use. **4** Make slaw: In bowl, whisk together mayonnaise, lemon zest and juice, dill, garlic, Cajun seasoning, and red pepper flakes, if using. Add coleslaw mix and toss until well coated. Taste slaw and add more Cajun seasoning if desired. Cover and refrigerate until ready to use.

5 When ready to fry chicken, in shallow pie plate, whisk together flour, ½ tsp salt, and remaining ½ tsp garlic powder, onion powder, smoked paprika, and white pepper.

6 Meanwhile, fit large Dutch oven or deep cast-iron skillet with deep-fry thermometer. Fill with enough oil to reach 1½ in. deep. Heat on medium to 325°F. **7** While oil is heating, working with 1 piece at a time, remove chicken from buttermilk marinade, letting excess drip off, then generously coat in seasoned flour mixture, making sure not to leave any gaps. Shake off any excess and set chicken on baking sheet. Repeat with remaining chicken. Discard marinade.

8 Fit second baking sheet with wire rack. Working in batches, carefully place chicken into hot oil. Fry, flipping occasionally, until golden brown, crispy, and cooked through (165°F), 5 to 7 min. Transfer fried chicken to wire rack and repeat with remaining chicken.

9 Let chicken rest at least 10 min., then brush with honey-chipotle sauce.

10 Place coated fried chicken on toasted buns and top generously with slaw and dill pickle chips if desired. Serve immediately.

Recipe adapted from Quin Liburd, blogger at butterbeready.com



From Smile File, page 7

Corn Dogs

ACTIVE 30 MIN. **TOTAL 30 MIN.**
SERVES 6

- Peanut oil, for frying
- 2 Tbsp cornstarch
- 6 hot dogs
- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 2 tsp sugar
- 2 tsp baking powder
- ½ tsp kosher salt
- ½ tsp baking soda
- ½ tsp garlic powder
- ½ tsp fresh thyme
- 1 large egg
- 1 12-oz can or bottle light beer
- Wooden skewers

1 Fit Dutch oven or heavy-bottomed pot with deep-fry thermometer, add enough oil to reach 2 in. up side, and heat to 350°F. Place wire rack on rimmed baking sheet.

2 Place cornstarch in baking dish and dust each hot dog with cornstarch, shaking off any excess. Set aside.

3 In large bowl, whisk together flour, cornmeal, sugar, baking powder, salt, baking soda, and garlic powder, then toss with thyme. Add egg and beer to dry ingredients and whisk until smooth and combined.

4 Insert skewer about 1 to 1½ in. into one end of

1 frank and dip in batter, twirling skewer to coat frank completely. Transfer to oil, using fork to slide frank off skewer. Cook until golden brown, 3 to 4 min. Transfer to prepared rack. **5** Repeat with remaining franks and batter, cooking 2 at a time. If desired, stick clean skewer into end of each cooked frank and serve with your favorite dipping sauce.

Recipe adapted from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, \$30

WD TEST KITCHEN TIP

Turn these dogs into bite-size pups: Cut franks into 1½-in. pieces before battering. Use skewer to transfer to oil and cook until golden brown, 2 to 4 min. (It may take less time; resist the urge to crowd the pan.)

Mini Frozen Key Lime Pies

ACTIVE 35 MIN.
TOTAL 1 HR. 15 MIN. • MAKES 12

1/3 cup granulated sugar
2 1/2 cups heavy cream, divided
2 tsp regular or key lime zest, plus more for serving (from 3 key limes)
1/3 cup regular or key lime juice (from 10 key limes)
14 graham crackers (about 7.5 oz)
Pinch of salt
6 Tbsp unsalted butter, melted
1/4 cup sour cream
2 Tbsp confectioners' sugar
1/2 tsp pure vanilla extract

1 In medium saucepan, combine granulated sugar and 2 cups cream and bring to a boil, stirring, about 5 min. Reduce heat and simmer 1 min. Remove from heat and add lime zest and juice. Cool 20 min. **2** Meanwhile, in food processor, pulse graham crackers and a pinch of salt to form fine crumbs. Add butter and pulse to combine. Transfer mixture to 9-in. pie plate or divide mixture among twelve 2.5-oz foil pie tins (about 3 Tbsp each) and press evenly up bottoms and sides. Freeze until firm, about 15 min.

3 Transfer cooled cream mixture to prepared crust (about 3 Tbsp each for minis). Freeze until just set, 45 to 90 min. Beat sour cream, confectioners' sugar, vanilla, and remaining **1/2** cup heavy cream to form stiff peaks. Spoon onto pie(s) and freeze until firm, at least 30 min. Sprinkle with additional lime zest before serving.



top tools

CARVE LIKE A PRO

Marcie McGoldrick, the crafter behind these epic sculptures, shared her top techniques with WD.



Pumpkin- Carving Tools

Whenever I'm in need of a small serrated knife, I reach for these great gourd cutters.



Linoleum Cutter Tool

The adjustable fine tips of this craft-store tool make for precise carving.



Stackable Cookie Cutters

Keep a stack of these to create perfect circles. I use them as pupils—they give sculptures character!



From *Celebrate Watermelon*, page 50

Succulent Snack

Draw cactus shape onto long oval melon using permanent marker, leaving **1/4** in. of melon for bowl portion. Cut out cactus and remove melon, leaving small amount of red all around. Using small serrated knife, cut mouth and eyes into cactus to create face.



WD TEST KITCHEN TIP

Toothpicks are your best friend when it comes to building and decorating the melon sculptures. To customize the length, you can break them into pieces.



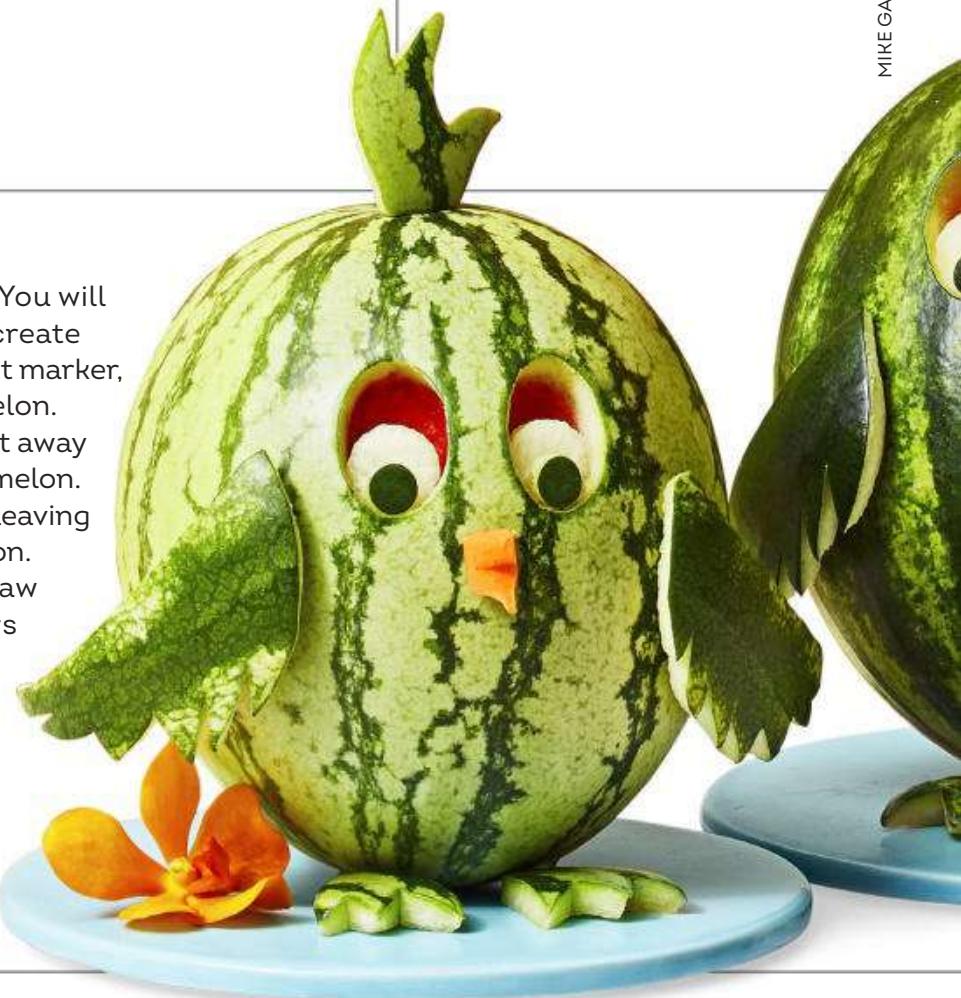
Friendly Faces

Slice small round watermelons in half. Using paring knife, cut mouth shape into melon about **1/2** in. deep. Gently remove melon. Use back of spoon to smooth mouth. Trace hair shape onto rind and cut out. To make teeth and tongues, cut away dark green portion of rind, then cut teeth and tongue from lighter portion. Use small cookie cutter to create eyes. Use cookie cutter to cut round and crescent shapes for eyes. For crescent, cut 1 round, then cut again one-third of the way into the piece. (The top of a pineapple was used for the second face.)

MIKE GARTEN.

Bird's the Word!

Select small round melons. (You will need an additional melon to create the features.) Using permanent marker, draw oval eye shapes onto melon. Using small serrated knife, cut away rind, exposing red portion of melon. Slice rind on separate melon, leaving just skin and light green portion. Using permanent marker, draw wings, feet, and head feathers onto rind. Use small serrated knife to cut out features. Use small cookie cutter to create eyes and cut out small circles of dark rind for pupils. Cut beak from a piece of carrot and attach to melon with toothpicks.



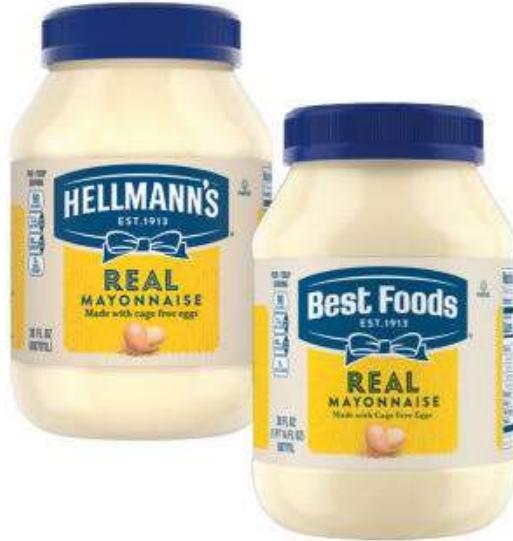
DEALS+DISH

An inside look at WD events, promotions & special offers



Greatest of All Time (GOAT)

Lay melon on its side and slice across top, about 1½ in. deep. Set slice aside and scoop out melon. Cut out goat-head shape from sliced-off portion. Using remaining rind, cut out horns, feet, and nose. Using small round cookie cutter, cut eye from rind and slice away dark green portion. Cut small piece of dark rind for eye pupil. Attach pieces to melon using toothpicks.



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From *What's for Dinner?!*,
page 68

Citrus-Marinated Steak Tacos

ACTIVE 20 MIN. ♦ TOTAL 35 MIN.
SERVES 4

1/4 cup fresh orange juice
3 Tbsp fresh lime juice
2 cups cilantro
2 cloves garlic, pressed
1 small shallot
1 jalapeño
1½ lbs skirt steak
Kosher salt and pepper
Warm tortillas,
sliced avocado, sliced
radishes, and sour
cream, for serving

1 In blender, puree orange and lime juices, cilantro, garlic, shallot, and jalapeño until smooth. Transfer all but ¼ cup to resealable plastic bag along with skirt steak and marinate at least 20 min. and up to 1 hr. **2** Heat grill to medium-high. Remove steak from marinade, pat dry, and season with ½ tsp each salt and pepper. Grill to desired doneness, 3 to 4 min. per side for medium-rare. Transfer to cutting board and let rest at least 5 min. before slicing. **3** Fill tortillas with steak, avocado, radishes, sour cream, and reserved sauce.

PER SERVING 550 CAL, 32.5 G FAT (11 G SAT), 41 G PRO, 349 MG SODIUM, 25 G CARB, 7 G FIBER



Mediterranean Chicken Bowls

ACTIVE 15 MIN. ♦ TOTAL 30 MIN.
SERVES 2 TO 4

1 lb boneless, skinless chicken breasts, cut into 1½-in. pieces
1 Tbsp olive oil
1 tsp dried oregano
1 tsp ground sumac
Kosher salt and pepper
1 pint grape or cherry tomatoes
1 medium onion, roughly chopped
1 cup couscous
1 tsp grated lemon zest plus 1 Tbsp lemon juice, plus lemon wedges, for serving
¼ cup fresh dill, divided
Crumbled feta, for serving

1 In large bowl, toss chicken with oil, then oregano, sumac, and ½ tsp each salt and pepper. Add tomatoes and onion and toss to combine. **2** Arrange in even layer in air fryer basket and air-fry at 400°F, shaking basket occasionally, until chicken is golden brown and cooked through, 15 to 20 min. **3** Meanwhile, toss couscous with lemon zest and prepare per pkg. directions. Fluff with fork and fold in lemon juice and 2 Tbsp dill. **4** Serve chicken and vegetables over couscous, spooning any juices collected at bottom of air fryer over top. Sprinkle with remaining dill and feta and serve with lemon wedges if desired.

PER SERVING 475 CAL, 9.5 G FAT (1.5 G SAT), 43 G PRO, 425 MG SODIUM, 53 G CARB, 5 G FIBER



Fresh Herb Panzanella

ACTIVE 20 MIN. ♦ TOTAL 20 MIN.
SERVES 6

½ small loaf sourdough bread, preferably stale (about 12 oz)
4 Tbsp olive oil, divided
2 Tbsp white wine vinegar
2 tsp Dijon mustard
Kosher salt and pepper
2 scallions, white and light green parts finely chopped, dark green parts thinly sliced
2 Persian cucumbers, smashed, halved lengthwise, then sliced
½ cup fresh or frozen peas (thawed if frozen)
2 cups mixed fresh herbs (such as parsley, basil, mint, dill)
5 oz mixed greens

1 Heat oven to 400°F. Cut crusts off bread and tear bread into large pieces. On rimmed baking sheet, toss bread with 1 Tbsp oil and toast until golden brown, about 10 min. **2** Meanwhile, in large bowl, whisk together vinegar, mustard, remaining 3 Tbsp oil, and ½ tsp each salt and pepper; stir in chopped scallions. **3** Add cucumbers and toss to coat, then toss with toasted bread. Add peas, herbs, sliced scallions, and greens and toss gently to combine.

PER SERVING 235 CAL, 10.5 G FAT (1.5 G SAT), 7 G PRO, 505 MG SODIUM, 29 G CARB, 3 G FIBER



Pasta with Vodka Sauce

ACTIVE 15 MIN. ♦ TOTAL 15 MIN.
SERVES 4 TO 6

1 lb rigatoni
2 Tbsp olive oil
3 large cloves garlic, finely chopped
2 shallots, finely chopped
1 6-oz can tomato paste
¼ cup vodka
1 cup heavy cream
Pinch of red pepper flakes
Kosher salt and pepper
¼ cup finely grated Parmesan, plus more for serving
Basil, for serving

1 Cook rigatoni per pkg. directions. **2** Heat oil, garlic, and shallots in Dutch oven on medium. Cook, stirring, until tender, 4 min. Add tomato paste and cook, stirring, until deep red and beginning to caramelize, about 5 min. **3** Stir in vodka; cook until nearly evaporated, about 2 min. Scoop ½ cup pasta cooking water into measuring cup (even if pasta is not done), then add heavy cream. Add to Dutch oven along with red pepper flakes, ½ tsp salt, and ¼ tsp pepper and cook, stirring, until smooth. **4** Reserve 1 cup pasta water, then transfer cooked pasta to Dutch oven. Add ½ cup reserved pasta water; cook on low, stirring constantly, until pasta is coated, adding more liquid as needed. Fold in ¼ cup Parmesan. Serve topped with additional Parmesan and basil.

PER SERVING 620 CAL, 26.5 G FAT (13.5 G SAT), 18 G PRO, 375 MG SODIUM, 79 G CARB, 5 G FIBER

Didja know...

Panzanella is a Tuscan salad made for using up stale bread, which is tasty when tossed with dressing. Toasting achieves a similar effect!





Striped Bass with Radish Salsa Verde

ACTIVE 35 MIN. • TOTAL 40 MIN.
SERVES 4

- 1 clove garlic, pressed
- 1 Tbsp anchovy paste or 3 anchovy fillets, finely chopped
- 1/2 small red onion, finely chopped
- 1 Tbsp red wine vinegar
- 1/2 cup plus 1 Tbsp olive oil, divided
- 1 bunch radishes, diced, leaves separated and finely chopped
- 1 cup flat-leaf parsley leaves, finely chopped
- 1 tsp fresh tarragon leaves, finely chopped
- 4 6-oz fillets striped bass
- Kosher salt and pepper

1 In medium bowl, combine garlic, anchovy paste, onion, and vinegar and let sit 5 min.

2 Stir in 1/2 cup oil, then radishes and greens, parsley, and tarragon.

3 Heat remaining Tbsp oil in medium skillet on medium. Pat fish dry, season with 1/2 tsp each salt and pepper, and cook, skin side down, until skin is crisp and golden brown, about 7 min. Flip and cook until fish is opaque throughout, 3 to 6 min. more. Serve topped with radish salsa verde.

PER SERVING 465 CAL, 35.5 G FAT (5 G SAT), 33 G PRO, 640 MG SODIUM, 3 G CARB, 1 G FIBER



WD TEST KITCHEN TIP

This radish salsa is super-tasty on steak, pork chops, and chicken as well as other seafood.

From *Life of the Party: Eggs, page 70*

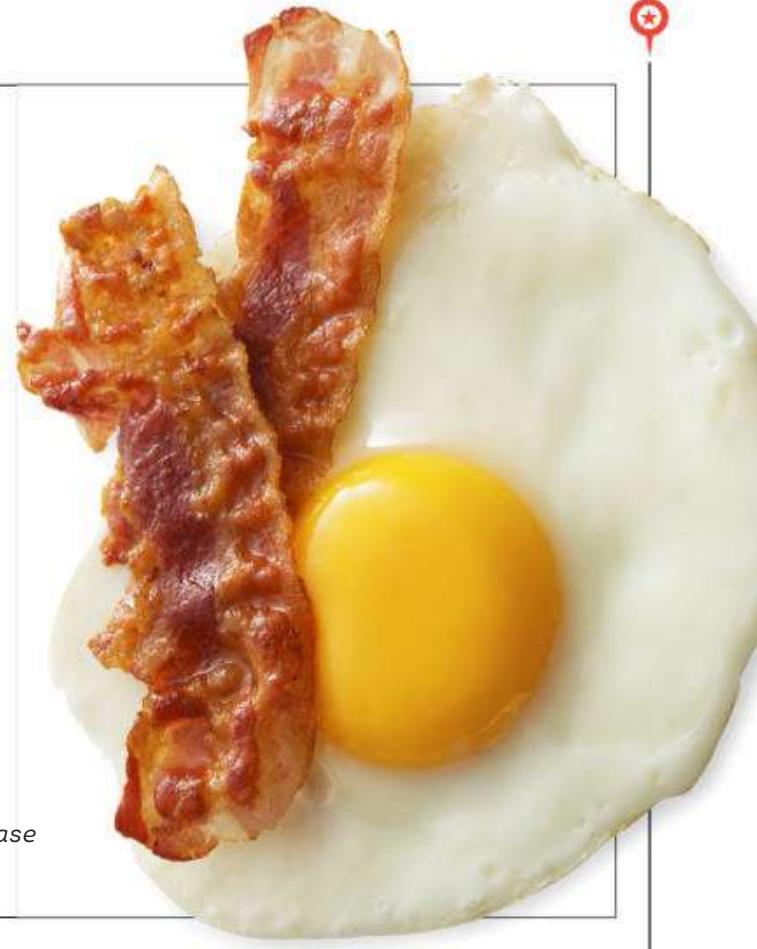
Sunny-Side Up Eggs

Heat nonstick skillet on medium with oil lightly coating bottom. Crack eggs in and cook until tops of whites are set but yolks are still runny, about 3 min. Remove pan from heat and use spatula to transfer to plates. (Tip: You can use a spatula to spread out runnier part of the albumen, a.k.a. egg white.)

Over Easy Eggs

Heat nonstick skillet on medium with oil lightly coating bottom. Crack eggs in and cook until bottom is set, about 1 min., then slide spatula under each egg and, with a quick flip, turn over (don't lift too high, or you might break the yolk); cook until whites are set, about 1 min. more.

Consuming raw or undercooked eggs may increase your risk of food-borne illness.



Bibimbap

ACTIVE 20 MIN. • TOTAL 50 MIN.
SERVES 4

- 1 1/4 cups white rice
- 1 lb ground beef
- 3 Tbsp white wine vinegar
- 2 Tbsp soy sauce
- 1 Tbsp light brown sugar
- 2 cloves garlic, pressed
- Kosher salt and pepper
- 2 Tbsp toasted sesame oil, divided
- 2 carrots, cut into matchsticks
- 2 zucchini, cut into matchsticks
- 4 oz shiitake mushrooms, stems discarded, roughly sliced
- 1 cup bean sprouts
- 4 oz spinach
- 4 large eggs, fried
- Sesame seeds, for sprinkling

For sauce

- 1 Tbsp toasted sesame oil
- 1 Tbsp light brown sugar
- 2 tsp white wine vinegar
- 2 Tbsp gochujang or sweet chili sauce

1 Cook rice per pkg. directions. Meanwhile, in large bowl, combine beef, vinegar, soy sauce, sugar, garlic, and 1/2 tsp each salt and pepper. Set aside.

2 Heat 1 Tbsp toasted sesame oil in large skillet on medium-high and sauté carrots and zucchini until just tender, 5 to 6 min. Transfer to plate. Add remaining Tbsp toasted sesame oil to pan and sauté shiitake mushrooms until just barely tender, 4 to 5 min., then add bean sprouts and cook 2 min. more; transfer to plate.

3 To same skillet, add beef mixture and any liquid and cook, breaking meat up into small pieces, until browned and cooked through, 5 to 8 min.; add spinach in batches, folding to wilt.

4 While beef is cooking, in small bowl, whisk together sauce ingredients.

5 Divide rice among 4 bowls, then top with beef mixture, veggies, and fried egg. Sprinkle with sesame seeds and drizzle with sauce.



Smashed-Avocado Toast

ACTIVE 10 MIN. • TOTAL 10 MIN.
SERVES 4

- 1 ripe avocado
- 1 Tbsp fresh lemon juice
- Kosher salt and pepper
- 4 slices bread, toasted
- 4 poached eggs

1 In medium bowl, smash avocado with lemon juice and 1/4 tsp each salt and pepper.

2 Spread on toast and top with eggs.



Brunch just got good (for you)! Avocado has heart-healthy fats, and eggs are a source of lean protein and other nutrients that support your ticker.

Scrambled Eggs 3 Ways

ACTIVE 10 MIN. • TOTAL 10 MIN. SERVES 4

- 8 large eggs
- Kosher salt and pepper
- 1 Tbsp olive oil or unsalted butter

- 1 In large bowl, whisk together eggs, 1 Tbsp water, and $\frac{1}{2}$ tsp each salt and pepper.
- 2 Heat oil or butter in 10-in. nonstick skillet on medium. Add eggs and cook, stirring with rubber spatula every few sec., to desired doneness, 2 to 3 min. for medium-soft eggs.



Trout & Crème Fraîche

Fold $\frac{1}{4}$ cup **crème fraîche**, then $\frac{1}{2}$ cup flaked **smoked trout** and $\frac{1}{2}$ small **red onion** (thinly sliced) into scrambled eggs. Dollop with additional crème fraîche.



Old Bay-Spiced Potatoes

Before scrambling, whisk 1 tsp **Old Bay seasoning** into eggs, then scramble as directed. Fold in 1 cooked diced **russet potato** and 4 oz thinly sliced **kielbasa** (both browned). Sprinkle with chopped **parsley**.



Chips and Salsa

Fold 1 cup crushed **tortilla chips**, $\frac{1}{4}$ cup **pico de gallo**, and 2 oz **pepper Jack** (shredded) into scrambled eggs.



Roasted-Veggie Bowl

ACTIVE 25 MIN. • TOTAL 50 MIN. SERVES 4

- 1½ cups brown rice or brown rice blend
- ½ medium butternut squash (about 12 oz), peeled, seeded, and cut into $\frac{1}{2}$ -in. pieces
- 2 Tbsp olive oil, divided
- 1 lb asparagus, trimmed and cut into 2-in. pieces
- 4 large eggs
- 1 Tbsp black sesame seeds
- Kosher salt
- 6 Tbsp fresh lemon juice
- 2 Tbsp reduced-sodium soy sauce
- 1 clove garlic, grated
- ½ tsp red pepper flakes
- 2 tsp sesame oil
- 2 cups baby spinach, roughly chopped
- 3 Tbsp tahini

- 1 Heat oven to 450°F. Cook rice blend per pkg. directions.
- 2 On large rimmed baking sheet, toss squash with 1 Tbsp oil and roast 10 min. Add asparagus to sheet, drizzle with remaining Tbsp oil, and toss to combine. Roast until vegetables are golden brown and tender, 10 to 12 min. more.
- 3 Meanwhile, bring a saucepan of water to a boil. Gently add eggs and cook to desired doneness,

6 min. for jammy yolks. Drain and run under cold water to cool.

- 4 Roughly crush sesame seeds using mortar and pestle, tip into shallow bowl, and mix in a pinch of salt. Peel eggs, roll gently in sesame seeds to coat, and set aside.
- 5 In small bowl, combine lemon juice, soy sauce, garlic, and red pepper flakes. Transfer half to large bowl and whisk in sesame oil. Add cooked grains and toss to coat, then fold in spinach.
- 6 Whisk tahini and 1 Tbsp water into remaining dressing. Divide grain mixture among 4 bowls and top with butternut squash and asparagus. Drizzle with tahini dressing and top each bowl with halved sesame egg.

Jammy Egg Toasts

ACTIVE 10 MIN. • TOTAL 15 MIN.
SERVES 2

- 2 Tbsp white wine vinegar
- 1 small shallot, finely chopped
- 1/2 tsp fresh thyme, plus more for sprinkling
- Kosher salt and pepper
- 4 large eggs
- 1 Tbsp olive oil
- 2 tsp whole-grain mustard
- 1 Tbsp chopped parsley, plus more for sprinkling
- 4 thick slices country bread, toasted
- Mayonnaise, for spreading

1 In small bowl, combine vinegar, shallot, thyme, and 1/4 tsp each salt and pepper. Let sit, tossing occasionally, 10 min.

2 Meanwhile, heat medium saucépan of water to a boil and fill medium bowl with ice water. Reduce heat so water is at rapid simmer, gently add eggs, and simmer 6 min. Immediately transfer eggs to ice water to stop cooking. Drain and peel eggs.

3 Stir oil, mustard, and parsley into shallot mixture. Spread bread with mayonnaise, then coarsely chop eggs and arrange on top of bread. Spoon shallot vinaigrette over top and sprinkle with more thyme, parsley, and cracked pepper if desired.

PER SERVING 490 CAL, 23.5 G FAT (10 G SAT), 20 G PRO, 1,040 MG SODIUM, 47 G CARB, 3 G FIBER

TOASTS: MIKE GARTEN. SKILLET EGGS: ANDREW BUI. ETON MESS: ALEX LUCK.



Skillet Eggs in Spicy Tomato Sauce

ACTIVE 20 MIN. • TOTAL 35 MIN.
SERVES 3

- 1 Tbsp extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- 3 anchovy fillets, chopped (optional)
- 1/2 tsp red pepper flakes
- 1 28-oz can whole tomatoes
- 2 Tbsp unsalted butter
- 1 sprig fresh basil, plus leaves for serving
- Kosher salt and pepper
- 1/4 cup freshly grated Parmesan, plus more for serving
- 6 large eggs, at room temp

1 Heat oil in large skillet on medium. Add garlic, anchovies if using, and red pepper flakes and cook, stirring, until mixture is fragrant, 1 to 2 min.

2 Add tomatoes (and their juices), butter, basil sprig, and 1/4 tsp each salt and pepper. Using potato masher or back of wooden spoon, crush tomatoes, then simmer, continuing to crush larger pieces of tomato, until tomatoes have broken down and sauce has thickened, 20 to 25 min.

3 Discard basil sprig and stir in Parmesan. Using wooden spoon, make 6 wells in sauce. Carefully crack 1 egg into each well, then cover and cook eggs to desired doneness, 2 to 3 min. for set whites and runny yolks.

4 Remove from heat, season with a pinch each of salt and pepper, and serve immediately, topped with Parmesan and basil if desired.



Tropical Eton Mess

ACTIVE 30 MIN. • TOTAL 2 HR.
30 MIN. • PLUS COOLING
SERVES 8

- 3 large egg whites
- Pinch of kosher salt
- 1/2 tsp cream of tartar
- 1/2 cup superfine sugar
- 1/3 cup heavy cream
- 2 tsp pure vanilla extract
- 16 oz container 0% fat Greek yogurt
- 1/4 cup confectioners' sugar
- 2 ripe mangos, cut into pieces
- 2 Tbsp lime juice, plus lime zest for serving
- 4 passion fruits
- 1 papaya, peeled and sliced
- 1/4 cup coconut flakes, toasted

1 Heat oven to 200°F and line 4 large baking sheets with parchment paper.

2 In large bowl, using electric mixer with whisk attachment, beat egg whites and salt on medium-high speed until stiff peaks form, 5 to 7 min.

3 Add cream of tartar, then increase speed to high and gradually add superfine sugar 1 Tbsp at a time, waiting 4 to 5 sec. between additions, until meringue forms stiff, glossy peaks, about 6 min.

4 Pipe 1-in. rounds onto prepared baking sheets, spacing 1 in. apart.

5 In batches, bake, rotating pans halfway through, until no longer tacky but still soft, 50 to 60 min. Let cool completely on sheet.

6 Using electric mixer, beat heavy cream and vanilla until soft peaks form. Fold in yogurt, then sift confectioners' sugar over top and mix to combine. Refrigerate until ready to serve.

7 In food processor, puree half of mango and 1 Tbsp lime juice until smooth. Halve passion fruits and scoop pulp into food processor (discard skins); pulse to loosen seeds. Pass mixture through fine sieve into bowl and discard seeds.

8 To serve, divide half of yogurt mixture among 8 glasses, add small handful of meringues to each, and drizzle with 1 Tbsp passion fruit sauce. Repeat with remaining yogurt mixture, then top with remaining meringues, mango and papaya pieces, sauce, toasted coconut, and lime zest.



From National Cheese Day, page 86

Super-Cheesy Baked Ziti

ACTIVE 30 MIN. • TOTAL 35 MIN.
SERVES 8

1 lb ziti
Kosher salt
2 Tbsp olive oil
3 large cloves garlic, finely chopped
½ tsp red pepper flakes
½ cup dry white wine
1 26-oz jar marinara sauce
2 oz cream cheese, cut into small pieces, at room temp
½ cup half-and-half
2 oz Pecorino Romano, finely grated (about ½ cup)
2 oz Parmesan, finely grated (about ½ cup), divided
6 oz mozzarella, coarsely grated (about 1½ cups), divided
2 Tbsp panko

1 Cook pasta per pkg. directions, reducing cooking time by 2 min. Drain.
2 Meanwhile, in large, deep broiler-proof skillet, heat oil, garlic, and red pepper flakes on medium until fragrant, about 2 min.
3 Add wine and simmer 2 min. Stir in marinara and simmer 5 min.
4 Stir in cream cheese, then half-and-half, pecorino, and all but 2 Tbsp Parmesan and simmer until sauce thickens, 2 to 3 min.
5 Fold in 1 cup mozzarella, then cooked pasta, tossing to coat. Season with additional salt if desired. Remove from heat.
6 Heat broiler. In small bowl, combine panko and remaining 2 Tbsp Parmesan. Sprinkle remaining ½ cup mozzarella on top, then sprinkle with panko mixture and broil until golden brown, about 2 min.



Sheet Pan Chicken Parmesan

ACTIVE 20 MIN. • TOTAL 55 MIN.
SERVES 4

3 Tbsp olive oil, divided
½ cup all-purpose flour
2 large eggs
1 tsp granulated garlic
Kosher salt
2 cups panko
⅓ cup plus 2 Tbsp grated Parmesan cheese, divided
8 thin boneless, skinless chicken-breast cutlets (2 to 3 oz each)
2 Tbsp fresh lemon juice
1 cup marinara sauce
4 oz mozzarella cheese (do not use fresh), coarsely grated
Chopped parsley, for serving

1 Arrange top oven rack 6 in. from broiler and heat oven to 450°F. Rub large rimmed baking sheet with 1 Tbsp oil. Place flour in shallow bowl. In second shallow bowl, beat together eggs, garlic, 2 Tbsp water, and ¾ tsp salt. In third bowl, combine panko with ⅓ cup Parmesan, then toss with remaining 2 Tbsp oil.
2 Toss chicken in lemon juice. Dip chicken in flour, then egg mixture (letting excess drip off), then panko mixture, patting to help adhere. Transfer to prepared baking sheet. Roast until chicken is golden brown and cooked through, 12 to 18 min.
3 Heat broiler. Spoon marinara over chicken and sprinkle with mozzarella and remaining 2 Tbsp Parmesan.
4 Broil on top rack until cheese has melted and turned golden brown in spots, 3 to 4 min. Sprinkle with parsley if desired.



White Bean, Shrimp, and Feta Bake

ACTIVE 15 MIN. • TOTAL 20 MIN.
SERVES 4

1 Tbsp olive oil
1 onion, finely chopped
2 cloves garlic, pressed
½ cup dry white wine
1 14-oz can chopped tomatoes
1 15-oz can butter or cannellini beans, rinsed
¼ tsp red pepper flakes
¼ tsp sugar
12 oz large shrimp, peeled and deveined
4 oz feta cheese
Chopped dill and crusty bread, for serving

1 Heat oven to 450°F. Heat oil in large ovenproof skillet on medium. Add onion and sauté until tender, 5 to 6 min. Stir in garlic and cook 1 min.
2 Stir in wine, then tomatoes and their juices, beans, red pepper flakes, and sugar and simmer until liquid is slightly reduced and mixture has thickened, about 5 min.
3 Nestle shrimp in tomato mixture, crumble feta on top, and roast until shrimp are opaque throughout and feta begins to turn golden brown, 3 to 4 min.
4 Sprinkle with dill and serve with crusty bread if desired.



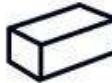
Three-Cheese Fondue

ACTIVE 25 MIN. • TOTAL 25 MIN.
SERVES 8

1 Tbsp olive oil
2 shallots, finely chopped
¾ cup dry white wine
1¼ cups heavy cream
8 oz cream cheese
8 oz Gruyère cheese, grated (about 2 cups)
6 oz Emmental cheese, grated (about 1½ cups)
Pinch of freshly grated nutmeg
Black pepper
Cable-Knit Breadsticks (recipe at right), for serving
Roasted potatoes and Broccolini, blanched green beans, grapes, apples, and pears, for serving

1 Heat oil in medium saucepan on medium-low. Add shallots and cook, stirring occasionally, until tender, 5 to 6 min. Add wine and simmer until reduced to ½ cup, 5 to 6 min.
2 Add heavy cream, cream cheese, Gruyère, and Emmental. Cook, whisking, until cheese has melted and mixture is smooth (making sure not to let it stick and scorch). Increase heat to medium-high and cook, whisking, until steaming and pourable, 3 to 4 min. Stir in nutmeg and a pinch of pepper.
3 Transfer mixture to fondue pot and serve with Cable-Knit Breadsticks, potatoes, Broccolini, green beans, grapes, apples, and pears.

ZITI: DANIELLE DALY. CHICKEN: MIRE GARTEN. BAKE: CHARLIE RICHARDS. FONDUE: BRIAN WOODCOCK.





Cable-Knit Breadsticks

ACTIVE 15 MIN. • TOTAL 30 MIN.
MAKES 8 BREADSTICKS

Heat oven to 400°F. On lightly floured surface, shape 1 lb room-temp **pizza dough** into 16- by 8-in. rectangle. Cut dough crosswise into 8 pieces. Working with 1 piece at a time, cut lengthwise into 3 strips; braid together. Place on parchment paper-lined baking sheet; repeat with remaining dough. Brush braids with **olive oil**; bake until golden brown, 14 to 17 min.



Roasted Strawberries and Brie

ACTIVE 5 MIN. • TOTAL 15 MIN.
SERVES 4 TO 6

Roasted Strawberries
(recipe at right)

1 8-oz wheel Brie cheese
Fresh thyme
Bread and crackers, for serving

Heat oven to 350°F. Prepare strawberries; 8 min. before strawberries are finished, line baking sheet with parchment and place Brie on top; or place Brie in small cast-iron skillet. Bake 7 min. Transfer to platter (if not in cast-iron skillet), then spoon some roasted strawberries on top. Sprinkle with thyme and serve with bread and crackers, if desired, and remaining strawberries.

PER SERVING 205 CAL, 13 G FAT (8 G SAT), 10 G PRO, 310 MG SODIUM, 14 G CARB, 2 G FIBER

Roasted Strawberries

ACTIVE 10 MIN. • TOTAL 50 MIN.
MAKES ABOUT 1 1/4 CUPS

1 lb strawberries, halved, or quartered if large
2 Tbsp honey, warmed
Kosher salt
1/2 vanilla bean

1 Heat oven to 350°F. Line 9- by 13-in. baking pan with parchment, leaving 1-in. overhang on long sides.

2 In prepared pan, toss strawberries with honey and a pinch of salt. Scrape vanilla bean and toss seeds and pod with strawberry mixture.

3 Roast, stirring once, until strawberries are tender and juices start to reduce but not brown, 40 to 50 min.

PER 1/4-CUP SERVING ABOUT 55 CAL, 0.5 G FAT (0 G SAT), 1 G PRO, 25 MG SODIUM, 14 G CARB, 2 G FIBER

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Cheesy Monkey Bread

ACTIVE 10 MIN. • TOTAL 1 HR.
SERVES 10

- 1-lb balls pizza dough, left out for 30 min.
- 1 clove garlic, pressed
- 5 Tbsp unsalted butter, divided
- 2 Tbsp dried onion flakes
- 1 Tbsp sesame seeds
- 3 scallions, finely chopped, divided
- 1 cup coarsely grated Gruyère cheese
- 1/4 cup flat-leaf parsley, finely chopped
- Marinara sauce, for dipping

- Grease and flour 10- to 12-cup Bundt pan. Heat oven to 400°F. On lightly floured surface, shape dough into two 8-in. squares.
- In small bowl, microwave garlic and 4 Tbsp butter 1 min.; brush generously onto dough. Sprinkle first square with onion flakes and sesame seeds. Sprinkle second square with all but 2 Tbsp scallions.
- Cut each square into 1-in. pieces. Layer one-third of each flavored dough, buttered side down, into bottom of prepared pan. Top with 1/2 cup Gruyère; repeat to make second layer. Top with remaining dough pieces; brush with remaining 1 Tbsp butter, melted; and sprinkle with parsley and reserved scallions. Cover pan with dishtowel; let rise 20 min.
- Bake until top is golden brown, 25 to 30 min. Cool in pan 5 min., then serve with marinara for dipping.



Tex-Mex Tortilla Casserole

ACTIVE 20 MIN.
TOTAL 50 MIN. • SERVES 6

- 4 large eggs
- 1/4 cup half-and-half or whole milk
- Kosher salt and pepper
- 1/4 cup cilantro, finely chopped
- 1 cup shredded Mexican cheese blend
- 1 4-oz log goat cheese, crumbled
- 6 oz bunch kale, thinly sliced (about 2 cups)
- 4 plum tomatoes, seeded and cut into 1/2-in. pieces
- 1/2 cup corn kernels, thawed if frozen
- 4 cups tortilla chips

1 Heat oven to 400°F. Make egg base: In large bowl, whisk together eggs, half-and-half, and 1/2 tsp salt. Stir in cilantro and cheeses. **2** Add kale, tomatoes, corn, and tortilla chips. Toss to coat.

3 Transfer mixture to shallow 2- by 2 1/2-qt baking dish and cover with foil. Bake until eggs are just set, 25 to 30 min. **4** Uncover and cook until golden brown, about 5 min. more.

PER SERVING 415 CAL, 12 G FAT (3 G SAT), 15 G PRO, 215 MG SODIUM, 65 G CARB, 5 G FIBER



Blackberry Cheesecake

ACTIVE 25 MIN.
TOTAL 1 1/2 HR. PLUS CHILLING
SERVES 12

- 6 Tbsp melted butter, plus more for pan
- 14 graham crackers
- 1 lemon
- 3 8-oz pkgs. cream cheese, at room temp
- 3/4 cup sour cream
- 2 Tbsp all-purpose flour
- 2 tsp pure vanilla extract
- 3/4 cup plus 2 Tbsp sugar, divided
- 3 large eggs
- 2 6-oz pkgs. blackberries
- 1 Tbsp apricot jam
- Confectioners' sugar, for dusting

1 Heat oven to 375°F. Grease 9-in. springform pan with melted butter. **2** In food processor, pulse graham crackers to form fine crumbs. Add melted butter and pulse to incorporate. Press crumb mixture into bottom and 2 1/2 in. up sides of pan. Bake until crust is set and fragrant, 10 to 12 min. Transfer to wire rack to cool. Reduce oven temperature to 325°F. **3** Meanwhile, zest and juice lemon (you should get about 2 tsp zest and 3 Tbsp juice) and set

aside. Using electric mixer in large bowl, beat cream cheese, sour cream, flour, vanilla, 2 Tbsp lemon juice, and 3/4 cup sugar until smooth. Beat in eggs 1 at a time. Fold in 1 pkg. blackberries and spread mixture on top of crust. Bake until edge is set and center still wobbles slightly, 35 to 40 min. Let cheesecake cool completely in pan, then refrigerate until chilled, at least 4 hr.

4 While cheesecake is chilling, in medium bowl, whisk together jam and remaining 3 Tbsp lemon juice and 2 Tbsp sugar. Toss with remaining pkg. berries and let sit at least 15 min. Fold in reserved lemon zest and serve over cheesecake. Dust with confectioners' sugar if desired.

PER SERVING PER SERVING
390 CAL, 27.5 G FAT (17 G SAT),
6 G PRO, 245 MG SODIUM,
31 G CARB, 2 G FIBER



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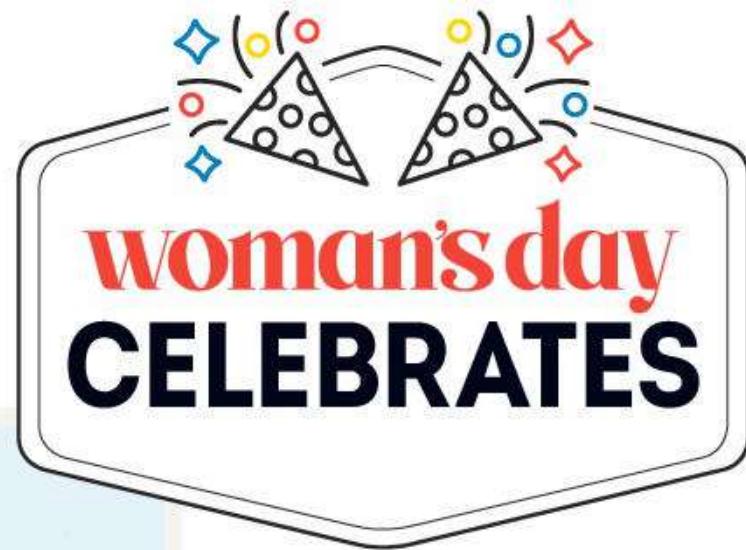
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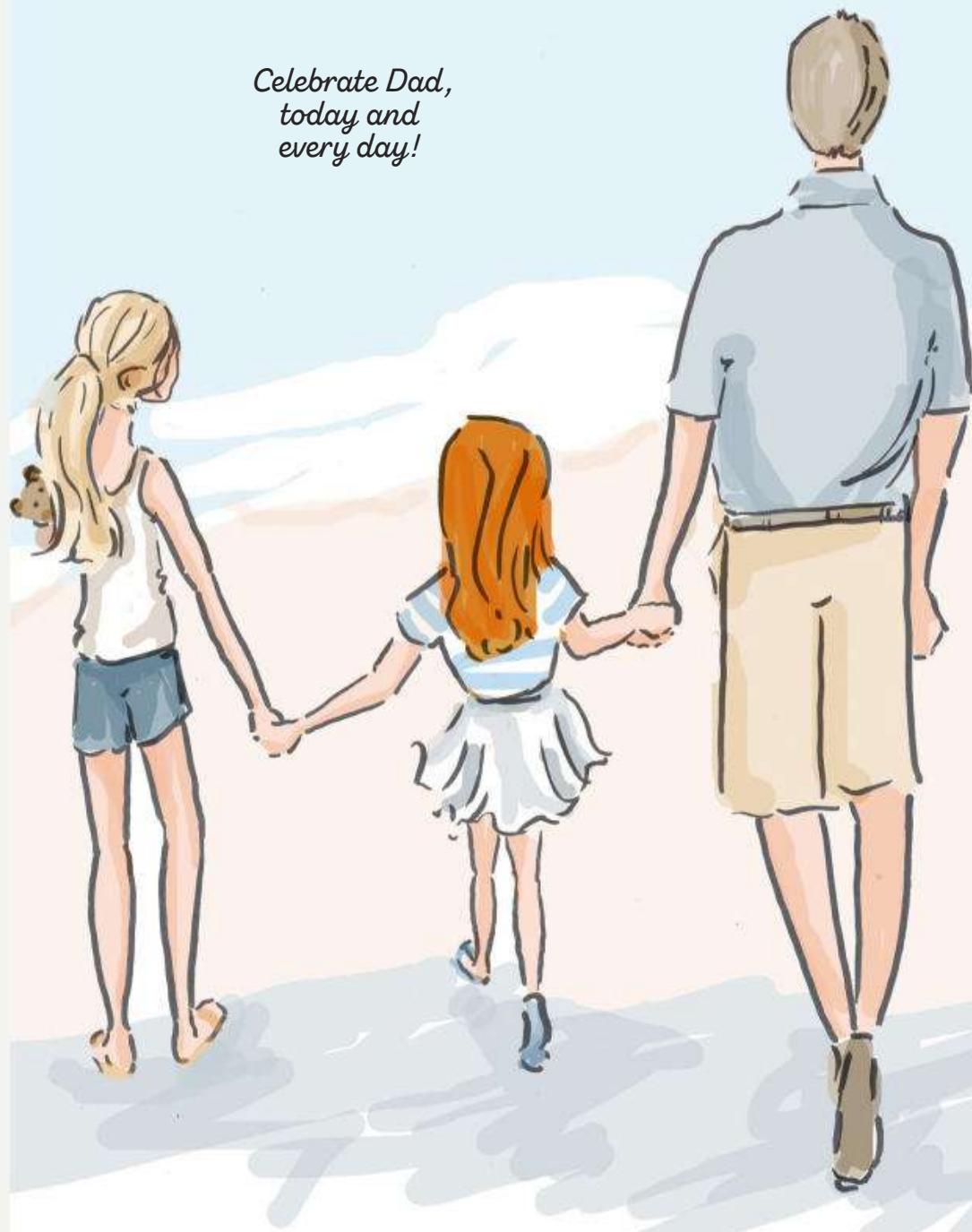
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- 1st Go Barefoot Day
- 12th Children's Day
- 19th Father's Day
- 19th Juneteenth
- 29th Camera Day

July

- 4th Independence Day
- 14th Mac & Cheese Day
- 17th World Emoji Day
- 25th Hot Fudge Sundae Day
- 28th Waterpark Day

Illustration by Heather Stillufsen

*

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